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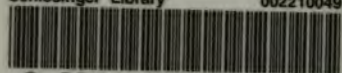
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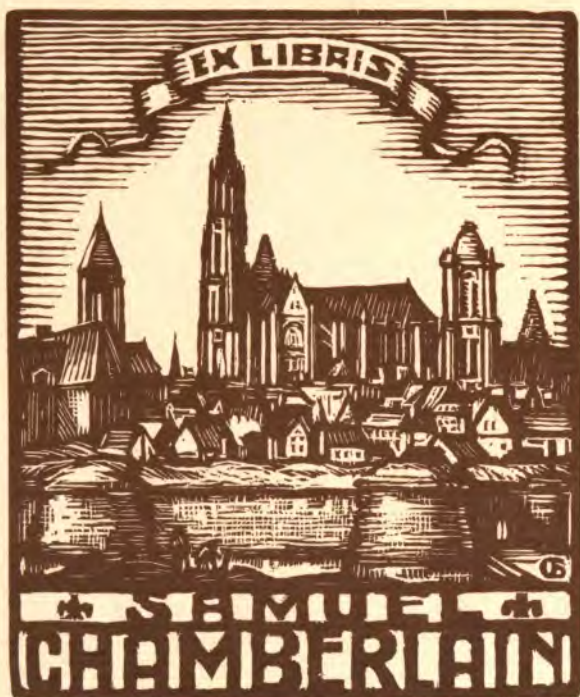


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# COOK BOOK

D. B. C.

1855



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# COOK BOOK

First Volume

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DEBBIE COLEMAN

July 16th, 1855

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A teacup is estimated to contain about 4 fluid ounces or 1 gill.  
 A wineglass is estimated to contain about 2 fluid ounces or  $\frac{1}{2}$  gill.  
 A tablespoon is estimated to contain about  $\frac{1}{2}$  a fluid ounce.  
 A teaspoon is estimated to contain about a fluid drachm.  
 A gill is equal to 2 wineglasses.

The wine, brandy and rose water in *cakes* must be put in before the eggs, and in puddings after the eggs.

16 ozs. = 1 lb.	2 pts. = 1 qt.	4 pecks = 1 bushel
8 ozs. = $\frac{1}{2}$ lb.	4 qts. = 1 gal.	3 bushel . . . . .
4 gills = 1 pt.		

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### TO MAKE LARD AND TALLOW CANDLES

The following method of making the above named candles is described in the New England Farmer by a correspondent: "I kept both tallow and lard candles through the last summer, the lard candles standing the heat best, and burning quite as well and giving as good light as tallow ones. Directions for making good candles from lard: For 12 lbs. of lard, take 1 lb. of salt-petre and 1 lb. alum; mix and pulverize them; dissolve the salt-petre and alum in a gill of boiling water; pour the compound into the lard before it is quite all melted; stir the whole until it boils, and skim off what rises; let it simmer until the water is all boiled out, or till it ceases to throw off steam; pour off the lard as soon as it is done, and clean the boiler while it is hot. If the candles are to be run, you may commence immediately; if to be dipped, let the lard cool first to a cake, and then treat it as you would tallow."

### A VERY USEFUL RECEIPT

In order to keep fish fresh, draw the fish and remove the gill; then insert a piece of charcoal in their mouths, and two or three pieces in their bellies. If they are to be conveyed any distance, wrap each fish separately in paper and place them in a box. Fish thus preserved will keep fresh several days.

### TO MAKE WHITE CURRANT WINE

One quart of currant juice, two quarts of water, three pounds of white sugar; mix well together, let it stand twenty-four hours, then skim it well, then put it . . . and let it remain six weeks corked . . . , bottle it.

### RECEIPE FOR TOMATO FIGS

Pour boiling water over the tomatoes in order to remove the skin; then weigh them and place them in a stone jar, with as

much sugar as you have tomatoes, and let them stand two days; then pour off the syrup, and boil and skim it until no scum arises. Then pour it over the tomatoes, and let them stand two days as before; then boil and skim again. After the third time they are fit to dry, if the weather is good; if not, let them stand in the syrup until drying weather. Then place on large earthen plates or dishes, and put them in the sun to dry, which will take about a week; after which pack them down in small wooden boxes, with fine white sugar between every layer. Tomatoes prepared in this manner will keep for years.

### TO PAPER PRESERVES

Cut white papers exactly the size of the top of the jars you wish to cover. Put the white of an egg into a large saucer, not beating the egg. Moisten the papers, one at a time, with the white of egg, and then lay it upon the preserves; do it so carefully as to exclude all air from under the paper, and press the edge close to the jar all round. It will adhere firmly; and the egg converts the paper into a tough, leathery material, impervious to air. One egg will paper as much preserves as usually is boiled at once.

### CANDIED ORANGE OR LEMON PEEL

Boil the rind from thick skin oranges or lemons in plenty of water, until they are tender, and the bitterness is out; change the water once or twice if necessary. Clarify half a pound of sugar with half a cup of water for each pound of peel; when it is clear put in the peels, cover them, and boil them until clear and the syrup is almost a candy; then take them out, and lay them on inverted sieves to dry; boil the syrup with additional sugar, then put in the peels, stir them about until the sugar candies around them; then take them on a sieve and set them into a warm . . . . perfectly dry, put . . . . tissue paper between . . . .

A correspondent of the Michigan Farmer gives the following recipe for making APPLE JELLY:

“Take apples of the best quality and good flavor (not sweet) cut them into quarters or slices and stew them till soft; then strain out the juice, being very careful not to let any of the pulp go through the strainer. Boil it to the consistency of molasses, then weigh it and add as many pounds of crushed sugar, stirring it constantly till the sugar is dissolved. Add one ounce of extract of lemon to every twenty pounds of jelly, and when cold, set it away in close jars. It will keep good for years. Those who have not made jelly in this way will do well to try it; they will find it superior to currant jelly.”

## SOUPS

### CLEAR GRAVY SOUP

Cut  $\frac{1}{2}$  lb. ham into three slices and lay them at the bottom of a large stew pan with two or three lbs. of juicy beef and as much veal. Break the bones and lay them in the meat. Take two turnips and the outer skins of two large onions. Cut in pieces two carrots and 2 heads of celery. Add 3 cloves and a large blade of mace. Cover the stew pan closely and set it over a quick fire. When the meat begins to stick to the bottom of the pan, turn it and when there is a nice brown gravy, cover the meat with water. When it comes nearly to a boil, pour in  $\frac{1}{2}$  pint of cold water, take off the scum and then pour in  $\frac{1}{2}$  pint more and continue doing so until no scum rises. Set it on the side of the fire to boil gently for 4 hours, strain it through a cloth into a stew pan and leave until cold. Then remove the fat entirely. When you pour it off do not disturb the settlings nor squeeze the meat. The broth should be a clear amber color and perfectly clear. If not quite clear beat the whites of two eggs and let the soup boil briskly while you stir them in. Place it by the fire to settle, and in ten minutes run it through a cloth and it is ready for use. If the broth be well skimmed, it will be clear without clarifying.

Mrs. Fox

### PEPPER POT

One pair of calves feet, a stomach of a cow or calf, a knuckle of veal, 8 or ten large potatoes cut in pieces, a double handful of spinach cut pretty fine, parsley, thyme, 2 onions, dumplings, red pepper and salt. Boil the ingredients in a small bucket of water for 2 hours. Chicken and a piece of veal will answer in place of the feet and stomach.

### SNAP TURTLE SOUP

Kill the turtle the night before and hang it up by the tail. Next day, dip it in boiling water and then scrape it well and until the legs are white. Cut it up and put shell and all into the pot with leeks, thyme, mace, cloves and nutmeg and boil it. If it boil too long the meat will rise in shreds to the top of the pot. Put yams or potatoes in the soup. Put in the parsley last lest it turn sour by too much boiling. Make balls of veal, suet, cloves and onions and fry them and put them into the tureen before you pour in the soup. Boil two eggs hard and cut up the yolks and put them into the soup unless there are turtle eggs. Thicken with butter fried in a frying pan and dust in some flour to brown it.

Mrs. H. Roberts

### OKRA SOUP

Wash the okra and slice them and put them into boiling water with two or three sliced onions, a few tomatoes, parsley, thyme and some fowl, beef and veal. Let it boil gently two hours. Add gradually the seasoning to which a green pepper is an excellent addition. Lima beans and sweet potatoes add to the flavor. Add less than a pound of parboiled salt pork and after boiling another hour, it will be done. By epicures it is eaten cold in the evening.

Mrs. Chas. Huhne

### OKRA SOUP

30 okras, 6 tomatoes, 2 onions, 1 qt. shelled lima beans, 2 gallons of water, thyme, parsley, a small piece of ham and pepper and salt. Boil until all the vegetables can be mashed through a colander. After this process return the soup into the pot and boil it until as thick as you like it.

Miss Fox Champlost

### GREEN PEA SOUP

2 quarts of green peas, some spinach, onions, parsley, thyme, pepper and salt, and a little Chervil to be put in when boiling. When quite soft, strain through a sieve and reserve the water to make the soup a proper thickness. Add a pint of young peas and two anchovies and boil until the peas are done. Then add a piece of butter rolled in flour, give it a boil up and then serve.

### GREEN PEA SOUP

Put two quarts of shelled peas in as little water as will boil them. When very soft mash them through a sieve or fine colander into the water in which they were boiled. Set this on the fire with salt and pepper to your taste and a very slight flavoring of a fresh onion. Add 3 pts. of new milk and let it boil again. Stir in a piece of butter rolled in flour and serve immediately.

### CALVES HEAD SOUP

Parboil the head with the liver and heart. Then take out the bones and cut the meat into small pieces. Mix with it onions, parsley, thyme, sweet marjoram, cloves, nutmeg and black and red pepper. Make a layer of the meat and strew over it a handful of the above ingredients and so on until all is in the pot. Pour over it a sufficient quantity of the water in which the head was boiled, to make a rich soup, reserving the rest to add if necessary. Rub a piece of butter in some flour and stir it in and lastly as

you are pouring it into the tureen, add a pint of wine. Stir it frequently to prevent its burning. It should be put on early and boil well.

N. B. A small piece of ham improves all soup and should be strained before serving.

### CALVES HEAD SOUP

Put on your head and a knuckle of veal. When the former is half done, take it out to dress for a dish. Then put in onions, parsley, sweet marjoram, thyme, cloves, a little nutmeg and black and red pepper and salt to suit your taste. Rub a piece of butter with some browned flour and stir it in, and just as it is ready to serve, add  $\frac{1}{2}$  pint of wine. Have with it force meat balls and some eggs cut up after being boiled hard. You may also add a little grated carrot.

### CALVES FEET SOUP

One gallon of water to 2 sets of feet. Boil them slowly until all the meat has dropped from the bones. Then strain it and set it away until the next day. Next day strain all the fat off and put the jelly into your pot with  $\frac{1}{2}$  lb. of grated cocoanut mixed with a pint of cream. Vermicelli or macaroni will do as well. It needs to boil but a short time. Season with mace.

Mrs. Brown

### OYSTER SOUP

To 50 oysters take a quart of milk or cream. Season them with Cayenne pepper, mace and a little salt. Also add a little butter rolled in flour. 15 or 20 minutes is long enough to boil it.

### OYSTER SOUP

Take half a hundred oysters. Take them out of their liquor and wash them in warm water. Put them into  $\frac{1}{2}$  pint of their liquor strained with 2 whole onions and  $\frac{1}{2}$  a teaspoonful of ground mace, Cayenne pepper and salt to your taste. Boil slowly for  $\frac{1}{4}$  of an hour and then add 1 pt. cream and 1 qt. of milk and let it boil up. Tie up a bunch of parsley, and sweet marjoram and lay it in the tureen and pour the soup upon it. H. More

### OYSTER SOUP

Cut the meat off a knuckle of veal and put a good sized lump of butter into the pot and add the meat and bones and dust them well with flour and let them brown. Put in the quantity of water required for soup (allowing for  $\frac{1}{2}$  boiling away), 2 pota-

toes, 1 onion, 1 bunch of thyme, sweet marjoram and basil and put in one hour before dinner. About  $\frac{1}{4}$  of an hour before serving, take it off and run it through a sieve, and then pour into the liquid 20 or 25 fine oysters with their liquor. Add pepper and salt to your taste, then give it a boil up and then serve. If you choose you can lay the herbs in a bunch at the bottom of the tureen and pour the soup upon them. Miss Mary Lippincott

### BEEF SOUP

Take the shin and put it into the pot and fill it with cold water. Let it simmer for 12 hours adding boiling water as it decreases, and skimming it well. Add two whole carrots, 2 turnips, 2 onions, a handful of whole black pepper and a handful of salt and 10 allspice. Strain it and then put it in a cold place. When quite stiff, skim off the fat and take as much as you require for soup. Add vermicelli and a little celery or any favorite flavor. To brown it take a teaspoonful of brown sugar scorched on a tin plate. Pour a little soup upon it and empty all together into the rest of the soup. Mrs. Coleman

### TURTLE SOUP

After the turtle is cleaned and the gall and sand bag, and heart taken out, cut it up into small pieces. Boil it until quite tender and then season the soup with Cayenne and black pepper, cloves, mace, allspice, nutmeg, sweet marjoram, celery salt, etc., to your taste. Have 3 lbs. of veal chopped fine and 2 lbs. of suet, to make some balls and season them the same as the soup. Slip the balls into 3 eggs beaten a little and then flour them well and fry them in butter. After taking them out, put some flour in the pan and 2 or 3 spoonsful of soup, stirring it well all the time. Then pour it all in the soup and add a small tumblerfull of wine.

### SNAPPER SOUP

The turtle being ready prepared, (suppose one weighing about 10 lbs.) Put the shells into 3 gallons water with a knuckle of veal or a set of calves feet, 4 or 5 onions, and a bunch of parsley 7 hours before dinner. Let it boil until everything is extracted and then strain through a colander. Put the liquor (by this time reduced to two gallons) into another vessel with such pieces of veal as you can pick out of the liquor. Put in the turtle and par-boil it until tender, and then take it out and lay it upon a dish. Then mix together some ground allspice, cloves, a little mace,

black and red pepper and salt and season each piece of the turtle plentifully with it. Then put the pieces into the frying pan and fry dark brown in boiling lard. Then put them on a dish and having prepared some force meat balls place all together. Next thicken the soup with flour and butter and the yolks of eggs boiled hard and try if sufficiently seasoned. Then add the fried turtle to it and let it boil 5 minutes. Pour all into the tureen having first put in the balls. Squeeze in a lemon and add wine and it is done.

### OKRA SOUP OR GUMBO

Take the meat of a shin of beef,  $\frac{1}{2}$  peck okras, 6 tomatoes, 6 potatoes, 1 large onion chopped fine, black and red pepper, salt and 4 grains allspice; stew together about 4 hours in 1 gal. water and then take out the meat, cut it in small pieces and flour it well with the dredging box. Mash the vegetables through a colander, flour them well, then boil all together about one hour longer and stir it well.

### MULLIGATAWNY SOUP

Take 2 lbs. veal and the same of ribs of lean mutton, cut it in pieces and chop the bones well, and put them with 1 tablespoonful of salt into 3 qts. of water and boil it until it becomes a rich gravy which will be about 4 hours. Then skim off all the fat and strain into another sauce pan, to which add a tender chicken, or young lean fowl, cut into the smallest joints, and well washed, and 3 large tablespoonsful of Mulligatawny paste (not powder). Boil all together until the chicken is tender and it is ready. It will take about 20 minutes.

### CLAM SOUP

Boil down an old fowl or a set of calves feet, or a knuckle of veal until you have 1 qt. of jelly. There should be a small onion and some mace, pepper and salt boiled with it. Strain it, let it cool, and take off the fat. Wash 50 sand clams (middle sized are best), put them in a pot over the fire until they open. Then strain the liquor, which will be left in the pot and add it to the meat jelly. Then add the clams also and let it all boil  $1\frac{1}{4}$  hours. Then add  $\frac{1}{2}$  pt. good milk or cream, a piece of butter the size of a walnut, mixed with a little flour and stir these well in the soup. Have ready in the tureen the yolks of two eggs beaten and some chopped parsley and pour in the soup, a little at first, until the eggs are well mixed, and then the rest. Mrs. Markoe

### CLAM SOUP

Take 25 large clams or 50 small ones. Wash them well, then open with a knife, strain them, chop them very fine and put the liquor on to boil with as much water as there is liquor. Let it boil and skim it and add black and red pepper, salt, 3 blades mace and some parsley. Boil  $\frac{1}{2}$  hour, then put in the mashed clams and give them a boil, with  $\frac{1}{4}$  lb. butter, rolled in flour. Have in the tureen  $\frac{1}{8}$  as much cold milk as soup and pour all on it.

### CHICKEN SOUP

Take an old chicken and boil it to rags in about 4 qts. of water. Then take out the chicken and cut it in small pieces. Put it back into the pot and add butter and flour rubbed together enough to thicken it. *Tie up some herbs and put in with the chicken at first.* Just before serving add 1 pt. cream and 1 tumbler wine. Cut some raw parsley into the tureen and serve.

Mrs. Jenkins

### WHITE STOCK

Take either an old big hen, or else the breast and the knuckle of veal or two large knuckles and a hen. Then take 2 qts. water and 1 small teaspoonsful of mace, do. thyme and do. sweet marjoram, 2 small teaspoonsfuls of whole allspice, do. cloves, a tablespoonful of salt, 2 turnips, and a bunch of herbs, 6 onions, 3 large carrots, 2 whole heads of celery and a set of calves feet (if you like), and a small teaspoonful of whole peppers in a muslin bag. Boil slowly; put the meat on in cold water and let it boil and skim it, and then put in the rest of the ingredients and set it away to simmer steadily at least 6 hours, and covered closely. Boil till the meat is in rags, strain through a colander and then through a fine wire sieve. When cold it should be a stiff jelly and it is better to put it into 2 or 3 separate jars.

Mrs. Wharton

### BEAN SOUP

Soak 1 pt. French beans all night, boil with a shin of beef or bones 5 or 6 hours or longer if possible. Add pepper, salt and 1 tablespoonful of thyme, strain all through a colander.

Take 3 pts. beans, soak all night. Put them in a pot with veal or cold chicken, pour on 1 gal. water and boil  $\frac{1}{2}$  day. Pour off liquor, mash the beans, through a sieve with a potato masher. Boil until thick adding salt and mace.

## MEATS

### CALVES HEAD

When you wish to dress the head, be careful not to let it boil so as to hurt the skin. Take the bones out when the head is half boiled, and let it stiffen. Next day, cut the meat off the head. Cut the tongue in four pieces and the rest of the meat the same size. Put into a dish, a layer of meat, dust it with flour, add a lump of butter and some spice and continue to do this until the head is filled. The skin forms the top. Dust it well with flour and add a little of the water in which the head was boiled, and some wine and let it bake nicely and serve with force meat balls. Your dish must be well greased or it will not slip nicely out.

Mrs. Coleman

### CALVES HEAD

Split the head until the meat can be easily taken from the bone. Tie up the brains in a cloth and boil them and then beat them in the hot liquor. Take the meat and put it in a deep dish with cloves, onions, pepper and salt. Dredge it well and add small lumps of butter, pour in the brains and liquor and add balls and wine to the gravy. The tongue may be slit and pickled.

### FORCE MEAT BALLS

To one pound of the lean of a leg of veal allow one pound of beef suet. Mince them both very fine and season to your taste with pepper, salt, mace, nutmeg, and chopped sage or sweet marjoram. Take 6 eggs and beat them very light and mix all together and pound to a paste in a mortar. When you wish to use it, flour your hands, divide it into equal parts and roll it into round balls all of the same size. Either fry them in butter, or boil them. This will also be found a good stuffing for poultry.

Mrs. Clapier

### TO STEW SWEET BREADS

Parboil the sweetbreads and shape them round. Cut some fat bacon into strips and run them through with a larding needle. Put them into a stew pan with a large lump of butter and some flour. Season them highly with pepper and salt and add enough of the water in which they were boiled to make a sauce with. Stew them until tender. If the sauce is not sufficiently thick, add a little flour.

### CROQUETTES

Take some cold chicken, mince it very fine, wet it with some rich gravy, season with pepper and salt and a little mace. Make up in little sugar loaves. Dip them into egg and bread crumbs and fry over a slow fire.

Mrs. Clapier

### TO FRICASSEE CHICKEN

Cut the chicken up and wash it, but do not let it soak. Dry it with a towel and dredge with flour, pepper and salt. Have some lard hot and put it in and fry a nice brown. When done, lift it with a fork out on a dish. Take all the grease out of the frying pan and pour in your cream. When it boils, stir in a little butter rubbed in flour, some mace, red pepper and salt. When it boils  $\frac{1}{2}$  a minute, add  $\frac{1}{2}$  a glass of wine and then pour it over your chicken and serve.

Miss H. Old

### RAGOUT

Half roast a breast of veal, take out all the bones, and put the meat into a stew pan, with one quart of veal gravy, made of the bones, and some sweet herbs. When it boils, take it off and add 25 oysters, some walnut liquor, India soy, tomatoes and capers. Butter the veal and dress it well with flour. Stir in a large piece of butter and the yolks of 4 eggs, salt and pepper to your taste. Put all in the stew pan, cut the herbs into pieces, and fry it a light brown.

### POLOE

Boil 1 pt. of rice in as much water as will cover it. When half boiled, put in the fowl with an onion, two blades of mace, some whole peppers and salt. When done, put the fowl on a dish and pour the rice over it.

### MUTTON HARICO

Fry the mutton brown and put it in a stew pan with herbs; mace, cloves and pepper and salt. Cover it with boiling water and let it stew an hour. Then cut carrots, turnips and celery, with a taste of onion, cover the pan closely and let it stew another hour.

### SPICED TONGUE

Boil the tongue to take off the skin. Slit it about an inch apart and stuff it with pepper, mace, cloves and salt. Put it in the pot with 1 pt. of water,  $\frac{1}{2}$  pt. of vinegar, one tablespoonful of ketchup and one of flour. Stew it away only having enough to serve in the dish.

## TO ROAST A LEG OF MUTTON WITH OYSTERS

Take a fine leg of mutton that has hung some days. Stuff it in every part with oysters. Roast it and when done, pour good gravy into the dish and garnish with horse-radish.

## MUTTON DRESSED LIKE TERRAPINS

Boil a leg of mutton the day before you want it. Cut it up fine with some dressing made exactly as for terrapins; say some butter mixed well with flour, allspice, a little cloves, Cayenne pepper and salt and wine to your taste. Be sure to keep some of the liquor the mutton was boiled in to make the gravy.

Mrs. Coleman

## BEEF A LA MODE

For a round of beef take a loaf without crust and crumble it. Take out the bone and in its place put in the filling made of cloves, pepper, salt, herbs, etc., and a spoonful of butter. Cut holes aslant in the beef and fill with the stuffing. Flour well, skewer into shape, and tie it around with twine. Put it in an oven or pot with  $\frac{1}{2}$  pt. lard and water enough to keep it from burning. Turn it as it browns, about every hour. Pour in each time a cup of water and sprinkle with capers. The last time this is done, add one pint of Claret wine, a lemon cut in slices, and a pickled pepper. It should cook steadily at least 6 hours.

## DULMERS

Cut all the meat from a leg of mutton. Take the bone and flap to make a rich gravy. Boil  $\frac{1}{4}$  lb. of rice until half done and let it cool. Chip the meat fine and add the rice with 1 lb. of suet, mix them together with thyme, parsley, onions, pepper, salt and  $\frac{1}{2}$  a nutmeg. Scald and drain cabbage leaves. Roll a large tablespoonful of these ingredients in each leaf and lay them in a flat bottom stew pan covering them down with a heavy plate. Brown the gravy and pour around them and stew them on a slow fire an hour and a half.

## TRIPE

Boil it in water 3 hours and then cut it in pieces and boil it in milk and water. Boil some onions in water and then in milk and water. Put the tripe and onions in a stew pan with butter, mace, salt and red pepper to your taste. Just before you serve it up, add some rich cream and give it a scald up. The tripe should be laid in salt and water some time after it is cleaned, then rinsed in fresh water before it is boiled.

Mrs. C.

## BROWN TRIPE

After your tripe is very well boiled, lay it in milk and water. Have it dry and then dredge it well with flour and add pepper and salt to your taste. Next dip it into a batter as thick as for flannel cakes, then dip it into some bread crumbs and fry a nice brown. When taken out add some pepper and salt and make a nice gravy. Have some onions nicely fried to garnish your dish.

Mrs. C.

## BEEF HASH

Cut the meat off of the bones and boil the latter 2 hours. Boil with the bones, a carrot, an onion, some celery, a tomatoe, a potatoe, parsley, and cloves, pepper and salt to your taste. Cut up your meat fine and dust it well with flour, and then put it into a spider with some butter and brown. About five minutes before you wish it, pour into the spider the liquor in which the bones have been boiled and just before you take it off the fire, add a glass of Madeira or Sherry. Garnish your dish with hard boiled eggs.

Mrs. C.

## HOT POT

Lay in a pan some mutton chops, some whole potatoes, some corned pork, pepper, salt, mace and some hard boiled eggs. Put in as many layers as your dish will hold. Pour over it some nice gravy. On the top put mashed potatoes and put it in the oven to bake.

Mrs. Jackson Parkfield.

## CHICKEN PIE

Cut your chickens up. Parboil them and then let them cool so as not to melt the paste in your dish. Cut out a small piece in the middle, put in a layer of chicken and salt pork, (in small pieces) and season it with pepper and salt, and add some lumps of butter. Dredge it often with flour and fill your pie in this way. Then pour in the water in which the chickens were boiled. Cover up your pie and bake it for an hour and a half with a slow fire.

## TO BOIL MARROW BONES

Cover the top with a floured cloth and tie well. Boil them and serve with hot toast.

## TO BOIL A HAM

Wash the ham in cold water 2 or 3 times and put it into a kettle with water (not boiling) to cover it. Let it boil gently, according to its weight, (15 minutes to each pound) and keep it boiling slowly all the time. Keep the pot covered except while

you take off the scum as it rises. If likely to boil over, take the lid partly off. Boiling meat in cold water draws out the juice and fast boiling makes it tough and hard.

### TO CURE HAMS

Rub saltpetre and salt well in them. Make a hole in them and stuff the bone well with saltpetre and salt so as it will penetrate all through the meat. Pack them in salt in a stand and let them remain in it for 6 weeks; then take them out and wipe them and when dry, smoke them, and when smoked pack them in wood ashes.

D. B. C.

### MEAT BALLS

Take any kind of cold meat, veal is the best, and chop it fine with a little parsley and onion. Boil some stale bread and milk together, add the rind and juice of 1 lemon, some pepper, salt, and nutmeg and 1 egg for each cupful of meat. Form into little cakes when mixed together, and fry till brown.

Mrs. Markoe

### FORCE MEAT

Take of lean veal and suet, equal parts, chop and ground them very fine and season with sweet majoram, thyme, a little parsley, some onion cut fine, pepper and salt, the yolk of an egg, and a little grated bread.

Mrs. G. M. Wharton

### VEAL PATES

Mince up cold veal, put a little chopped onion, ground allspice, and cloves with it and a little flour. Then pour boiled milk over some bread, squeeze out the bread and add it to the mixture. Beat up an egg and mix with it to keep all together, and then form and fry them.

Mrs. Markoe

### TO ROAST TURKEY OR CHICKEN

After being well cleaned, let them lie in salt and water one hour. Then dry and stuff them and dredge them with flour and baste them several times whilst roasting before a clean fire.

### CHICKEN CURRIED

After the chickens are cut up, let them stew with a little salt, for  $\frac{1}{2}$  an hour, in as much water as will cover them. When nearly done, add 1 or 2 onions cut up fine and let them stew 5 minutes more, then add a little flour and butter, and a table-spoonful of curry. Let them stew 15 minutes more and they are done.

Mrs. Markoe

## MUTTON CHOPS—FRENCH WAY

Season some pounded crackers or bread crumbs properly prepared with pepper and salt. Scrape all the meat off the long bones; dip the chops in melted butter and then in the bread crumbs and do them slowly on the gridiron. (If done fast, they will be hard on the outside.) For sauce, burn a tablespoonful of flour with a little butter in the sauce pan; put in the trimmings from the chops with water enough to boil them well and a clove of garlic and 2 anchovies. When thick enough strain it, take off the fat, add a pickled cucumber cut up fine, 2 tablespoonsful of capers, 2 or 3 tablespoonsful of vinegar and 1 small teacupful of tomato soy. Give it a boil up. Dip each chop as it comes hot from the gridiron in this sauce. Put them round the dish with the bone end up and pour the rest of the sauce over them. The chops should be made from the long bones from the neck. There are about 7 bones on the neck.

Mrs. Camac

## ONION RAGOUT

Peel 1 qt. small white onions, chop 1 or 2 large ones fine; put  $\frac{1}{4}$  lb. butter in a stew pan. When it is melted and done hissing, put in the onions and fry them brown. Put in a little flour and shake them round till they are thick, then add 1 pt. gravy, a little Cayenne pepper and salt and 1 teaspoonful made mustard seed, and when they are thick and well tasted, they are done.

Mrs. Fox

## BOUILLI BEEF

Wash a rump of beef well and tie it up and put it into a pan. Brown it with 3 small onions in its own fat, and when browned, put it into a pot, cover it with water and let it come to a boil. When it does, put it where it will cook slowly but constantly. Put a bunch of thyme, sweet basil, a little mace, a teaspoonful allspice, tied in a bag, which when tied up ought to be about the size of a small apple, 4 or 5 carrots (more in summer when you have no celery) cut up, Cayenne and black pepper and salt, 6 or 8 tomatoes (in winter a teacupful of tomatoe soy) 5 potatoes, 5 turnips, 1 large head of celery or 2 if the beef is very large. The beef must be on by 7 o'clock in the morning, or if not convenient, the afternoon before, and for a 3 o'clock dinner, must cook slowly and steadily until about 2 o'clock, when the gravy must be poured off through a colander, mashing the vegetables with a potato masher. If properly cooked and a sufficient quantity of vegetables put in, it ought to be thick and brown without any flour. But if not, you must thicken it with flour that has been browned. Then heat the gravy very hot; put in a tablespoonful

of capers with a little vinegar (if you like it acid); if not, you can add some fresh tomatoes. Put the meat in the dish and pour the gravy over it. You may add a tablespoonful of mushroom catsup.

Mrs. Camac

Onions, thyme, mace, allspice, carrots, celery, potatoes and turnips and tomatoes.

### TO STEW A FILLET OF VEAL

Put a tablespoonful of lard into a pot, put in the veal (at 9 o'clock A.M. for a dinner at 3); turn it frequently until it browns all around, which will take perhaps an hour. Then pour in 7 qts. water and let it simmer as *gently as possible* with 1 onion chopped fine, and a few grains of allspice;  $\frac{1}{4}$  of an hour before dinner, pour off the gravy, skim off the fat and thicken *if necessary* with a very little flour and add 3 tablespoonsful of tomato soy. Slice a lemon and put around the dish. If you wish it stuffed, do it thus: Take 2 handfuls of bread crumbs, of thyme, sweet marjoram and salt  $1\frac{1}{2}$  teaspoonsful each, and 1 teaspoonful of black pepper. Rub all together with 1 oz. butter, grate a little nutmeg and lemon peel and add an egg.

Mrs. Markoe

### BOILED TURKEY

Take grated bread crumbs, sweet suet chopped fine or butter, sweet marjoram and basil, pepper and salt, a little nutmeg, and a few oysters chopped. Mix all up with the yolk of an egg and stuff it. Then flour it, tie it in a cloth, and boil  $1\frac{1}{4}$  hours if a good size. *For sauce*, take oysters, save as much of the liquor as possible, strain it and boil with a little mace and nutmeg until it tastes of the spices. Put in the oysters with a teacupful of cream and a bit of butter rolled in flour and boil a few minutes stirring all the time.

If you wish celery sauce instead of oysters, put celery chopped fine in the filling instead of oysters.

### SWEET BREADS

Put small round sweet breads into hot water, boil  $\frac{3}{4}$  hour, pull off all the sinews, skin and dip them in egg and bread crumbs and fry them light brown in butter. Then put them in a stew pan with a tumbler of water and more crumbs, parsley, celery chopped fine, thyme, sweet marjoram, a little mace, salt and pepper all put in a bag, an onion as big as a walnut chopped fine, and stew all gently  $\frac{1}{2}$  hour. This will answer for 6 sweet breads.

## SAUCES

### ANCHOVY SAUCE

Boil two or three anchovies in a little water until dissolved. Strain it into thick melted butter.

### CELERY SAUCE

Cut a bunch of celery small and put it on the fire with some water in a sauce pan. Let it stew until tender, then pour off all the water and add  $\frac{1}{2}$  pt. of cream, a blade of mace and salt, with some butter rolled in flour. Mix all well and boil all together. If to your taste, when nearly done, add a glass of white wine and a spoonful of ketchup. Boil up once and serve.

Mrs. Brown

### OYSTER SAUCE

Stew the oysters with a little thin liquor until the edges shrink. Add  $\frac{1}{4}$  lb. butter rolled in flour, 2 blades of mace and  $\frac{1}{2}$  pt. of cream. Mix all well together over the fire. Give one boil up and serve.

### WINE PUDDING SAUCE

$\frac{1}{2}$  lb. butter and 1 lb. sugar beaten to a cream and 1 pt. wine. Boil the wine and then stir in the butter and sugar, give it a boil up and it is done. Grate a little nutmeg over it.

Debbie B. C.

### WINE SAUCE

Take 1 wineglass water,  $\frac{1}{2}$  tablespoon of flour, 1 tablespoonful of butter and to this quantity add  $\frac{1}{2}$  a tumbler of wine and some brown sugar. Let it boil up, stirring and shaking it all the time.

Mrs. Wharton

### COLD SAUCE FOR PUDDINGS

Work  $\frac{1}{8}$  lb. butter to a cream. If the weather is cold hold the bowl near the fire until warm, but do not let it get hot or the butter will oil. Add one at a time, 3 or 4 tablespoonsful of sifted sugar, beating it up well, and then beat in one and a half table-spoonsful of wine. Grate some nutmeg over it.

## LOBSTER SAUCE FOR FISH

Chop fine as much boiled lobster as you think necessary; mix some of the coral with it, but no fat or dressing. Put some butter in a sauce pan and set it in another of boiling water. Stir the butter until melted, add the lobster to it and stir till it is hot, but do not let it boil. Add the juice of one lemon or less according to the quantity, and Cayenne pepper and salt.

Mrs. Camac

N.B.—To thicken brown gravy, put 1 pt. flour in an oven, keep constantly stirring until a uniform dark brown and keep always ready for use.

## BREAD SAUCE FOR GAME AND ROAST POULTRY

Boil 1 onion, 6 grains of pepper, and 2 blades of mace. When done, take them out and put into the same water some stale bread crumbs and stew 1 hour; then add a piece of butter rolled in flour, a little salt and Cayenne pepper and when ready to serve, add some cream and serve hot.

## DUCK SAUCE

Boil the neck, liver, and gizzard (after they have been well washed and soaked) with 1 onion, and 4 or 5 cloves, in 1 pt. of water. Season with sage, pepper and salt. Add to this a small crust of bread toasted very brown, thickened with  $\frac{1}{8}$  lb. butter rolled in flour and add 1 glass of wine.

## SAUCE FOR VENISON

Of Claret, water and vinegar, take 1 glass each; add to these 1 onion stuck with cloves, 2 anchovies, 1 teaspoonful of salt and one of pepper. Boil all together and strain.

## TO MELT BUTTER

Keep a sauce pan for the purpose with a cover. Rub a teaspoonful of flour, with  $\frac{1}{4}$  lb. butter and when well mixed, put in your sauce pan, with a tablespoonful of water, a little salt and cover it. Set it in a pan of boiling water and shake it constantly until completely melted and beginning to boil. To add parsley, wash a large bunch, take the leaves and boil them 10 minutes in salt and water. Drain perfectly dry. Mince fine and stir into the butter when beginning to boil. When herbs are added, put 2 tablespoonsful of butter instead of one.

# FISH

## TO STEW ROCK OR OTHER FISH

Stew the fish with 3 pts. of water,  $\frac{1}{2}$  lb. butter rolled in flour, parsley, onions, thyme, mace, red pepper and black pepper and salt. Cover closely. If the fish is large and not covered by the water, turn it when half done. If you wish balls, chop the fish (raw) with herbs and crumbs of bread and butter. Break in an egg and season with black pepper and salt. To be served with gravy.

## TO BARBECUE SHEEP'S HEAD

After cleaning the fish, score it across and in the scores put thyme and pepper and the same on the head and belly. Brown the fish on the gridiron until half done both sides. Make a great deal of gravy of parsley, butter and ketchup. Put the fish in a large dish and pour the gravy over it and put it on the gridiron. Then let it remain until done, basting it with the gravy and keeping it covered with another dish.

## STUFFING FOR BAKED FISH

Grate some stale bread fine and add pepper, salt, sweet marjoram, and nutmeg. Stuff the fish and sew it up. Sprinkle salt and flour over it.

## TO STEW 12 LBS. OF FISH

Brown the fish without cooking it in a frying pan. Make a rich gravy of  $\frac{1}{2}$  lb. butter, one doz. onions, (rather small size) one tumblerful of tomatoe and  $\frac{1}{2}$  a one of mushroom catsup, 1 pt. of Madeira wine, some red pepper, salt, cloves, mace, allspice, nutmeg, sweet basil, parsley and sweet marjoram. Let these ingredients stew until the onions are nearly done. Put the fish in the gravy and stew it gently  $\frac{3}{4}$  of an hour. After browning the fish, brown half a dozen onions in the frying pan and add them to the stew, time enough for them to be ready to send to table with the fish and placed around it. If put in the stew at first, the browned onions fall to pieces.

Mrs. Fox

## TO POT HERRINGS

Wash them and then wipe them very dry. Sprinkle red pepper between every layer and a few cloves of garlic, a little mace,

some cloves, and whole pepper and when the pot is full, cover them with vinegar. Tie a thick paper over the pot and let it remain all night in the oven.

### BAKED HERRINGS

Season the fish lightly with pepper, salt and cloves. Put an onion at the bottom of the pot and cover them with vinegar. Cover the pot lightly and put it in an oven to stew all night. Do not break the heads.

### CAVEACHED FISH

Perch or Sea Bass are the best. Fry them in the usual way and place them side by side in a deep dish, sprinkling them with a good deal of Cayenne pepper and a little salt. Then cover them well with raw onion in thin slices and melt plenty of butter and vinegar to pour over them. It is better to let the fish cool before pouring the vinegar and butter over them.

### TO STEW CRABS

1 teacupful of sweet oil, a lump of butter browned with flour, 1 onion, a small bunch of parsley chopped fine, 6 tomatoes, and the juice and fat of the crabs. Throw them all into a stew pan for 30 minutes, season highly with Cayenne and add a little salt and flour, and a small piece of butter. Mrs. Clapier

### TO STEW OYSTERS IN THE SHELL

First wash them with a brush perfectly clean. Then pack them in a jar with the hinge down. Put the jar into a pot with water and let them boil till done to your fancy.

### TO STEW OYSTERS

Wash them and put them into a stew pan without liquor, and to 500 oysters, add a tablespoonful of mace and a little salt. Let them stew about 20 minutes or until the edges shrink. For this quantity make a sauce of 1 lb. butter and 3 tablespoonsful of flour. When the oysters are done, pour this over them, and just before serving, add  $\frac{1}{2}$  pt. of cream. If the cream is new enough, give it one boil up with the oysters. Mrs. Markoe

### STEWED OYSTERS

Drain the oysters and boil and skim the liquor and then throw in the oysters. Let them simmer, add  $\frac{1}{4}$  lb. of butter, 1 tablespoonful of flour, some mace and a very little cold water to mix the flour. Mix them with the oysters and when done, beat the yolk of an egg and add when they are off the fire.

### SPICED OYSTERS

Drain off all the liquor, put the oysters on to cook with a little Cayenne pepper and salt. Let them boil until the edges turn up. Put on the liquor to cook with a little mace, allspice and whole black pepper. Skim it well and when boiled, add a tablespoonful of vinegar and pour it over the oysters.

### TO FRY OYSTERS

Wipe the oysters quite dry. Beat the yolks of 2 eggs with one gill of milk. Grate some stale bread very fine. Heat  $\frac{1}{2}$  lb. of butter boiling hot in a frying pan. Dip the oysters lightly into the egg and milk and then into the crumbs of bread, (making as much as possible adhere) and then put them into the frying pan of hot butter and turn them over when brown. When well browned on both sides take them carefully out and lay them on a dish.

### PICKLED OYSTERS

Put them into a kettle with their own liquor. Plump them, then strain them through a sieve. Put back the liquor into the kettle and let it simmer. Add a few cloves, mace, whole allspice and whole black pepper, a small spoonful of Cayenne pepper, and the same of salt (if the oysters are fresh) and a large coffee cupful of vinegar. Skim it well all the time it is cooking. Pour it over the oysters and when cold, they are fit for use.

### PICKLED OYSTERS

Pour off the liquor. Wash the oysters with salt water. Put some salt and water with the liquor and let it boil; skim it, throw in the oysters and give it a boil up. Add allspice, mace, pepper (whole) to the liquor after taking out the oysters. Boil it again and throw in 2 or 3 spoonfuls of vinegar. Put back the oysters and set all away.

### PICKLED OYSTERS

Put about 200 oysters, with their liquor, on the fire in a large sauce pan. Let them simmer (but not boil) until their edges *begin* to curl. Strain off the oysters and wipe them with a clean cloth. Let the liquor settle, then pour off about 1 qt. (without sediment). To this clear liquor, add 1 pt. vinegar, a little mace, 2 doz. cloves, and a handful of black peppers (unground). Heat it over the fire (but do not let it boil) and pour it hot over the oysters. Put them in a stone jar, and in 2 days they will be ready to use.

### SHAD À LA CREME

Boil the shad and when partly cooked, remove the bones and skin. Reject the dark part of the fish as well as a small portion of the white near the head. Divide the shad into slices about 3 inches in width, place them in a baking dish well buttered and season each layer with salt, black pepper, and a little Cayenne. Make a sauce of cream in the proportion of 6 ozs. butter to 1 pt. cream. Pour this over the fish and bake it 30 or 40 minutes.

### TERRAPINS

Put the terrapins alive into boiling water, and as soon as the skin is loose, pull it off. Take off the rough shell and then put them back into the water and boil them until tender (which you will know by trying the paw). Then take them out, put them on a dish and open them while they are warm and save all the juice that comes on the dish whilst opening them. Take the tender parts and put them by themselves, then take the under shells and put them into some fresh boiling water with the hard pieces to make the gravy. Next strain the gravy and save the pieces of terrapin which by this time are tender. Work a little flour with  $\frac{1}{4}$  lb. of butter for each terrapin (less will do) with the gravy. Have sufficient gravy to cover the terrapins. Then put to about  $\frac{1}{2}$  doz. of them, 1 pt. of wine, a little mace and some pepper and salt to your taste. A little Athenaeum sauce, about a tablespoonful, improves them. Just before dishing them, put in the eggs of the terrapins and let them boil a short time. Mash up the yolk of a hard boiled egg and stir it into your gravy.

Mrs. Coleman

### TO SCALLOP OYSTERS

Put into a deep dish some oysters and bread crumbs, some pieces of butter, a little mace, pepper, salt and some of the liquor. Bake  $\frac{3}{4}$  of an hour.

Mrs. G. M. Wharton

## PICKLES

### WALNUT KETCHUP

Pound black walnuts, not yet hard, to a paste. Put 2 qts. vinegar to 120 walnuts and a handful of salt. Put them into a stone jar and stir them once a day for two days, then squeeze the liquor through a coarse cloth into a sauce pan and put it on the fire. When it begins to boil, skim it and continue to do so as long as the scum rises. Add horse-radish, a few onions, garlic, 3 nutmegs, cloves, mace, sliced ginger and black pepper. Boil it up once and when cool, bottle it and divide the ingredients equally in the bottles.

### TOMATO KETCHUP

1 gallon of skinned tomatoes, 4 tablespoonsful of salt, 4 table-spoonsful of black pepper,  $\frac{1}{2}$  a spoonful of allspice, 8 pods of red pepper, and 3 tablespoonsful of mustard. Have all the articles ground fine and let them simmer slowly in sharp vinegar with the tomatoes during one day, and then strain it through a wire sieve and bottle it closely. It may be used in two weeks but improves by age. So much vinegar is to be used as to have  $\frac{1}{2}$  a gallon of liquor after the process is over.

Mrs. Coleman

### PEPPER HASH

Take 5 heads of red cabbage, 3 doz. of large peppers chopped fine and mix them with 1 lb. of white mustard seed and 1 lb. of black mustard seed and salt to the taste. Cover the whole in a jar with good cider vinegar cold. The cabbage must be cut as for cold slaw. It improves by keeping and is not fit for use for several months.

Mrs. J. R. Latimer

### TOMATO MUSTARD

Take a peck of tomatoes, cut them in slices and put them in a pot and let them boil until they become soft. Next rub them through a sieve so that nothing hardly remains in the sieve but the seeds, etc. Then take all that you have strained and put it into a pot and let it boil until it is thick. Then put in 1 table-spoonful of Cayenne pepper, one of black pepper, 1 of cloves, 1 of allspice, and two of mustard seed, all ground fine and as much salt as you think will be sufficient to keep it and to your taste. Let all be boiled together and then put it into jars or bottles.

Mrs. Clapier

### TO MAKE MUSTARD

Grind the seed at night and cover over with boiling water. In the morning mix it with Tarragon vinegar.

## PICKLED LIMES

Quarter the limes without separating them. Sprinkle them with salt and expose them to the sun until the rind changes color. Mix well together some horse-radish cut, some mustard seed, garlic and small West India peppers or Cayenne pepper. Lay a layer of limes at the bottom of a jar and then a layer of the spices and then another layer of limes and so on until the jar is full. Then fill up the jar with vinegar and cork it tightly. When the vinegar becomes thick, it is ready for use.

## POPE MELE

Oak leaves, black currant leaves, dill and mustard seed, pepper pods and garlic. Lay these and some cucumbers alternately in layers and fill up your vessel with salt and water that will hardly bear an egg. To five gallons of pickle add one quart of vinegar. To 20 cucumbers use one pepper pod and 7 cloves of garlic. Scatter the mustard seed thinly on each layer. It is fit for use in 2 weeks.

## PICKLED ONIONS

6 quarts of onions and  $\frac{1}{2}$  oz. mace. Put them in salt and water 2 days. Then in milk and water (more milk than water). Give them one boil up. Take them out and throw them into clean water to wash off the milk. Then drain and dry them and cover them with boiled vinegar.

## OIL MANGOES 1

4 doz. mangoes, 1 lb. of race ginger, 1 lb. horse-radish, 1 lb. of black mustard seed,  $\frac{1}{2}$  lb. of garlic, 1 oz. black pepper, 2 oz. of Turmeric, 1 oz. of mace, and 2 oz. cloves. The ginger, horse-radish and garlic must be well soaked and dried. Bury the mangoes in salt 3 days. Then wash them well. Beat the ingredients well together in a mortar and mix with 1 pt. made mustard and as much sweet oil as will make a paste. Fill the mangoes and sprinkle whatever is left between each layer in the jar. Cover them with boiling vinegar and let them stand 3 weeks. Then pour off the vinegar and refill with fresh. Tie up the jar securely.

## OIL MANGOES 2

40 mangoes, 1 lb. race ginger, 1 lb. of horse-radish, 1 lb. mustard seed, 1 lb. of chopped onions, 1 oz. nutmeg, 1 oz. mace, 2 oz. Turmeric, 1 oz. black pepper,  $\frac{1}{4}$  lb. made mustard. Pour boiling salt and water on the mangoes and cover them. Next day cut a slit from the stem to the other end and take out the seeds

with care. Then return them to brine for 8 days. Then put them in strong vinegar for 2 weeks, then wipe them inside, stuff and tie them up. Pack them in a jar with the slit uppermost and strew some of the stuffing over each layer. Keep them well covered with strong vinegar. Slice the ginger for the stuffing and grate the horse-radish and pound the spice. Make the ingredients into a paste with the mustard and a large cupful of sweet oil. Put a clove of garlic into each mango.

### STUFFED MANGOES 3

Put them into salt and water for 2 weeks. Then take them out and make a slit in them and take out all the seeds. Then stuff them with chopped peppers, grated horse-radish and black and white mustard seed, mixed to a paste with mustard (made) and sweet oil. Keep them 2 years. Mrs. Brown

### MANGOES 4

Pack them in salt for about 2 weeks. Take them out at the end of that time and soak them in cold water about 24 hours, changing the water frequently. Put them into a kettle with water and put cabbage leaves around them and a lump of alum about the size of a walnut. The water must not be more than scalding and let them remain in until they are quite green. Then take them out and open and fill them with mustard seed (black and white) grated horse-radish and spice. Then pack them closely and boil some vinegar and pour over them. D. B. C.

### OIL PICKLES

Wash and cut in thin slices 2 doz. large cucumbers. Sprinkle them over with salt and let them stand 2 hours. Prepare 1 doz. onions in the same way. After they have stood 2 hours put them into a stone jar; first a layer of cucumbers, and then one of onions and throw in some spices as you go along; viz., 1 doz. allspice, 1 doz. cloves,  $\frac{1}{4}$  lb. of mustard, and  $\frac{1}{2}$  pt. sweet oil. Mix the mustard and oil together with 2 tablespoonsful of ground pepper and add to the spice and mix with them enough vinegar to cover them. Miss Castner

### YELLOW PICKLE 1

Ginger bruised, garlic peeled, horse-radish sliced, mustard seed bruised, of each 8 ozs. Of long peppers, white peppers and Turmeric bruised, each 2 ozs. Add these ingredients to 2 gallons of vinegar. Put some cabbage in salt and vinegar some time before you put them in your pickle. Mace, allspice and cloves add greatly to the flavor. White wine vinegar is the best.

Mrs. Clapier

## YELLOW PICKLE

To fill a 3 gal. jar with yellow pickle, make by these proportions: *viz.* Take 6 qts. vinegar, 4 oz. mustard seed beaten fine, 1 spoonful of salt, 1 of Coriander seed bruised fine, 1 grated nutmeg, 6 ozs. ginger, soaked in salt and water sliced and dried, 6 ozs. garlic, pulled and salted 3 days before and well drained, 2 spoonsful beaten Turmeric. Have a wooden stopper to the jar and tie it up closely with a bladder and set it away for 3 weeks near the fire, or if warm enough in the sun and stir it once every 3 days. The pickle is then ready to receive the vegetables. Prepare them by soaking them in salt and water, that will bear an egg, until they turn yellow, then put some of the brine they were soaked in over the fire and let it boil briskly and then put in the vegetables and let them remain in for a few minutes and then take them out and put them in the sun to bleach and dry. Next prepare a soaking jar with equal quantities of vinegar and water and 2 spoonsful of Turmeric. Let the vegetables remain for 24 hours in this jar and then drain them and put them in the pickle jar.

## TO PICKLE ONIONS 1

Cut them and skin them and put them into salt and water 3 days. Then boil some vinegar and when boiling put in the onions and let them remain in and boil until they are tender that when you prick them you do not hear any noise.

## PICKLED PEPPERS

Take the largest tomato peppers, take out the seeds, etc., in the inside of them and put them into strong salt and water until they are yellow and then green them as you would cucumbers. When a good green, drain them, then take Savoy cabbage, cut as for cold slaw, add one lb. mustard seed for 100 peppers and 2 or 3 cloves of garlic or a small sliced onion to each pepper. Stuff them well and tie them with a string, then make a pickle with good vinegar to cover them. A stick of horse-radish,  $\frac{1}{4}$  oz. mace, a little race ginger and a few cloves of garlic; boil them all together and pour it boiling upon the peppers. Cover them closely.

D. B. C.

## TO PICKLE CUCUMBERS

Take a jar and put at the bottom a layer of cucumbers, next put a layer of black cherry leaves, and then a layer of black currant leaves, and then another layer of cucumbers and so on until the jar is full. Then make a pickle of salt and water, strong enough to bear an egg, and cover the contents of the jar with it. Cover them well and look at them from time to time to see that there is enough pickle over them.

Ulleric

Put *cabbage* in the oven after the bread comes out until the leaves fall. Then tie them in bundles and put them in the soaking jar 3 days. *Asparagus* must be salted 3 days and then dried in the sun, then soaked in the soaking jar 3 days, and then drained and added to the pickle. All vegetables may be pickled thus.

### TO PICKLE MUSHROOMS

Choose the buttons, wipe them clean, and put them in a stew pan with some salt, mace, and pepper. As the liquor comes out shake them well and keep them over a gentle fire until it all dries into them again. Then put in as much vinegar as will cover them, warm it and put all into a stone or glass jar.

Mrs. Markoe

### MUSHROOM SOY

Break the mushrooms, put them into an iron pot, a layer alternately of salt and mushrooms and let them remain until the next day. Then boil them  $\frac{1}{4}$  of an hour, and strain through a cloth, and add to the liquor, mace, onions, and all kinds of spice. Boil away  $\frac{1}{2}$ , strain again, bottle, and cork tightly and rosin the corks. The proportions are 1 bu. mushrooms, 1 pt. salt, 6 onions,  $\frac{1}{2}$  oz. spices each. This makes 8 pint bottles.

### WALNUTS

Take English walnuts when you can run a quill through them and make a brine of salt and water to bear an egg and let the walnuts remain in until black (7 or 8 days) observing to change the brine every 3 days. Then dry them thoroughly and to 200 walnuts put 1 gal. white wine vinegar and of mace, mustard seed, and long ginger, 1 oz. each; 2 oz. each of whole peppers and allspice. Boil it a few minutes, pour it hot on the walnuts and cover them closely.

### ONIONS 2

Take seed onions, peel them and lay them in salt and water one day. Then dry them in a cloth; take white wine vinegar, cloves, mace, and a little peppers and boil all together and pour over them. When cold cover them closely. They improve in taste by keeping, but lose their whiteness.

### TO PICKLE TOMATOES

Take the small round tomatoes (when ripe), prick them, salt them thickly in layers, and put them away for 8 days; then take

them out, lay them in water or vinegar and water for several hours. To a peck of tomatoes add a bottle of the best mustard,  $\frac{1}{2}$  oz. cloves, 1 oz. pepper corns and 12 large onions cut in slices. Put in a jar a layer of tomatoes and then some of the onions and sprinkle them with the mustard and other spices; and race ginger, then add another layer of tomatoes and onions, and do exactly the same until your jar is full. Cover them with good cider vinegar and they will be ready for use in about 2 weeks.

Mrs. De Wolf

### TO PICKLE TOMATOES

Use those that are fully ripe. The small cherry are the best. *Do not prick them.* Let them lie in strong brine 3 or 4 days, then put them in layers in your jar, mixing with them small onions and pieces of horse-radish. Then pour on the vinegar (cold) spiced. Cover them carefully and set them in the cellar for 1 month before using.

### INDIAN PICKLE

Take onions, cabbage, peppers, cucumbers, etc., and put them into salt and vinegar, with a little Turmeric for 24 hours, stirring them 3 or 4 times. Then take them out and dry them and put them into a jar. To every quart of vinegar you use, add one tablespoonful of mustard seed, one of Turmeric, a little garlic, a handful of whole black pepper and whatever spice you please. Boil them all well together and when cold, pour over your pickles. In a few days they are fit for use. The pickles must be cut up.

Mrs. J. Lippincott

### YELLOW PICKLE

Have firm white cabbages cut in quarters; put into strong brine for 2 or 3 days, then scald them in clear water until you can run a straw in them. Take them out and dry them for 24 hours in the sun or by a stove; then put them in strong cider vinegar with some powdered Turmeric and let them remain in about 10 days. White onions are done the same way, also lemons. Whole cucumbers *must not* be scalded or dried, but only changed from the brine to the vinegar. Take out the vegetables and drain in a sieve 2 or 3 hours. Pack in layers in a jar with spices between until 3 parts full and then fill with vinegar. In a day or two, scald the vinegar and to every gallon add 5 lbs. sugar whilst the vinegar is boiling. For each gallon of pickle 3 ozs. Turmeric, 2 ozs. white ginger, 2 ozs. white pepper,  $\frac{1}{4}$  oz. mace ground, 4 ozs. horse-radish fine shredded, 4 oz. garlic, 2 ozs. white mustard seed,  $\frac{1}{2}$  oz. celery seed whole.

## PICKLED ONIONS 3

Peel seed onions, lay them in weak brine over night; scald them next day in fresh water for 5 minutes. Next drain off *all* the water and pour hot vinegar over them. Let them stand 2 days, then pour off all the vinegar, scald and return again to the onions whilst hot.

## SALADS

### SYDNEY SMITH'S RECIPE

Two large potatoes passed through kitchen sieve,  
Unwonted softness to the salad give;  
Of mordant mustard add a single spoon,  
Distrust the condiment which bites so soon;  
But deem it not, thou man of herbs, a fault  
To add a double quantity of salt.  
Three times the spoon with Oil of Lucca crown,  
And once with vinegar procur'd from Town;  
True flavor needs it, and your poet begs  
The pounded yellow of two well boil'd eggs.  
Let onion atoms lurk within the bowl  
And scarce suspected, animate the whole  
And lastly on the flavor'd compound top  
A magic spoonful of Anchovy Sauce;  
Then tho' green turtle fail, tho' venison tough  
And ham and turkey are not boiled enough  
Serenely full the epicure may say  
Fate cannot harm me, I have din'd today.

### FISH SALAD

One of the good dishes in New Orleans is cold fish garnished with hard boiled eggs and a mayonnaise dressing handed around with it in a sauce boat.

Washington Jackson

### POTATO SALAD

Boil some potatoes and let them get perfectly cool. Slice them *very thin*. Rub a dish with garlic and put them into it. Make a good dressing of one hard boiled egg and the yolks of two raw eggs, mixed together until smooth. Then add some sweet oil gradually and mix it in until the dressing is very thick. Then thin it with vinegar and add mustard, pepper and salt and parsley cut fine.

Debbie B. Coleman

## SYRUPS, CORDIALS, ETC.

### CURRENT WINE

1½ bu. of currants for a quarter cask of wine. Squeeze the juice and add as much water as will fill the cask. To every gallon of the juice and water, add 2½ lbs. loaf sugar. Rinse out the cask with brandy. As the wine ferments, fill up the cask with good spirits and when the fermentation is nearly over, fasten it up. It will be ready for use in a year.

### RATIFIA OR NOYAN

1 gallon of brandy, 600 peach kernels sliced, 1 qt. sweet wine, 1 qt. orange flower water and 2 lbs. loaf sugar. Mix well together and shake every day. Stand in the sun 6 weeks. Then filter for use.

### GINGER BEER

15 gallons of water, 13 lbs. of sugar; peel and juice of 14 lemons, 3 oz. of ginger, bruised. Boil all well together an hour, skim it and add the whites of 8 eggs, well beaten to clarify it. Strain it into a tub and let it get cool. Then pour it into a barrel with the peel and juice of the lemons and ½ a spoonful of yeast on top. Stop up the cask well. In a fortnight, it will be fit for bottling and in two weeks from the time of bottling it will be ready for use.

### SMALL BEER

Let the malt be broken small in the mill. Put 2 pecks in a tub with a plug near the bottom. Pour ½ a bucket of cold water in to swell it. Then pour seventeen gallons of boiling water on the malt. Cover the tub with a thin linen cloth and leave it ¾ of an hour. Then draw it off and boil it again, with 1 qt. of hops, thrown in loose; when in, will be clear in an hour. Next strain it through a sieve. When cool, pour it into a half barrel with 1 pt. of yeast. Let it work until it rises out of the bung hole so as to fall over the top of the cask. Put it up and let it stand 4 days before it is tapped.

### DR. WASHINGTON'S RECIPE FOR HOME MADE CHAMPAGNE

4 oz. bruised ginger, 1 oz. cream tartar, 5 lbs. loaf sugar, juice and rind of 2 lemons and 5 gallons of boiling water. Stir it occasionally and after 12 hours strain it through a cloth until clear. Add to the clear liquor a quart bottle of porter. Put it in bottles and cork it tight. After 2 or 3 days it will be fit for use. Drink it with ice.

### IRISH WHISKEY PUNCH

Two wineglasses of Irish poteen, rind of 1 lemon, 3 good sized lumps of sugar. Put these ingredients into a pitcher and cover it closely for  $\frac{1}{4}$  of an hour. Then add enough boiling water to make it a pint. Pour back and forth into a tumbler. Warm the wine glasses by dipping them into boiling water.

### LEMON SYRUP

16 lbs. of sugar, 1 gallon of water, 5 drachms Citric Acid, and 60 drops of the oil of lemon to a gallon, to be added when the syrup is a little cool. The sugar and water must boil.

Mrs. Fox

### LEMON SYRUP

To each pint of lemon juice, add 2 lbs. of loaf sugar. When dissolved, take off the scum and bottle the syrup. Wash the lemons before they are squeezed.

Dr. Hare

### LEMON SYRUP

Take 12 lbs. of loaf sugar, moisten it with 3 pts. of water, when well dissolved, stir into it the whites and shells of 4 eggs, put it on to boil and when the scum has well risen, and the syrup clear, take it off the fire, remove the scum and let the clarified syrup stand until cold. Then add the juice of 4 doz. lemons strained, which will be nearly 2 qts. Mix it well and then boil it 3 minutes. Bottle it and let it stand awhile before you cork it and it will keep good 2 years.

Mrs. Clapier

### STUDENTS PUNCH

2 lbs. lump sugar, 1 bottle brandy,  $\frac{1}{2}$  a bottle of rum and add a good pot of green tea. Put the sugar into an earthen bowl and then pour in your brandy and rum. Light it and after burning about  $\frac{3}{4}$  of an hour, add the tea, and serve the punch.

### RASPBERRY VINEGAR

Put 1 lb. fine fruit into a china bowl and pour upon it 1 qt. of the best white wine vinegar. Next day, strain the liquor upon 1 lb. of fresh raspberries and do the same the following day. Do not press the fruit but only drain off the liquor. The last time pass it through a canvass, previously wet with vinegar, to prevent waste. Put the liquor into a stone jar with 1 lb. loaf sugar to every pint of juice. When the sugar has dissolved, put the jar, having first stirred it well, into a sauce pan of water or on a hot hearth. Let it simmer and skim it. When cold, bottle it.

N. B. Be careful to use no glazed nor metal vessel in making this.

Mrs. Logan

### FISH HOUSE PUNCH

1 pt. rum, 2 pts. of brandy, 1 pt. of lemon juice, 9 qts. of water, 5 lbs. of sugar, 3 gills of peach brandy.

### GINGER WINE

Take the juice of 4 lemons, 4 ozs. cream of tartar, 6 lbs. sugar, 4 ozs. ginger root bruised, 8 gallons water and 2 bottles ale. Boil ginger in three gallons of water until the strength is extracted and then mix the ingredients with it and lastly the ale. Let them ferment one day, occasionally taking off the scum. Bottle it and one month after it will be fit for use.

Mrs. Clapier

### WINE BITTERS

Gentian root, 3 ozs. orange peel 2 ozs. Red Saunders  $\frac{1}{2}$  dr. Canella Alba  $\frac{1}{2}$  dr., French brandy 1 qt., Colombo root, 1 oz.

### LEMON SYRUP

Pare the lemons or the syrup will be bitter, squeeze and strain them and to every pint of juice add 1 lb. loaf sugar pounded. Let it stand until the sugar is all dissolved, which will take perhaps 48 hours, and stir it occasionally. There will rise a thick scum which must be carefully taken off. Bottle, cork, and rosin it. 10 doz. good lemons will generally yield 1 gal. juice and make about 10 wine bottles of syrup.

Mrs. Markoe

### REGENTS PUNCH

3 bottles of champagne, 1 of Hock, 1 of Curacoa, 2 of Madeira, 2 of seltzer water, 1 qt. brandy, 1 pt. rum, 4 lbs. Bloom raisins, Seville oranges and lemons, white sugar candy and instead of water, strong green tea. The whole to be highly iced.

Mrs. Markoe

### WHISKEY PUNCH

1 large lemon, 2 tablespoonsful currant jelly, 1 tumblerfull whiskey and sugar to taste. Mix all together and pour on in 2 tumblersful of boiling water and give it a boil up. Monongahela whiskey is the best.

T. I. Wharton

### CHERRY BOUNCE

Use Morella cherries only. Squeeze the cherries over a sieve Take  $1\frac{1}{2}$  lbs. white sugar to each gallon of liquor. Boil, skim and strain it again and add 2 qts. of the best brandy to 5 pts. of the liquor measured after it is boiled. If you like the flavor

of the stones, pound some and let them lie in the brandy and then strain. 100 lbs. cherries, 1 gallon and  $\frac{1}{2}$  brandy, and 9 lbs. sugar are about the proper proportions and will make about  $7\frac{1}{2}$  gal. Bounce.

Mrs. Wharton

### CHERRY BOUNCE

Put 30 lbs. cherries into a 5 gallon demijohn and pour 2 gallons of brandy on them and let them stand for 8 or 10 weeks. When wild cherries are ripe, take 12 quarts and put them into another demijohn and pour off some of the brandy from the first upon them and let it stand for 5 or 6 weeks. Then strain the liquor from both and mix them together adding 8 lbs. loaf sugar. The cherries will be found still to contain a great deal of brandy and both kinds should be put into one demijohn and have added to them a gallon and a half of water and be allowed to stand 6 or 8 weeks more. The liquor is then to be poured off and the cherries squeezed. Then strain the liquor and add 3 lbs. loaf sugar.

N. B. If the 3 lbs. of sugar do not make it sweet enough, add more. It is better not to mix the watered Bounce with the other, but to keep it for a more common kind.

Mrs. G. W. Norris

### LEMONADE

Pour 6 qts. boiling water on 2 lbs. sugar and 1 pt. lemon juice and let it stand until cold. 15 or 16 lemons yield about 1 pt. of juice. They need not be pared if the skins are not bitter. It is improved by more sugar.

Mrs. Markoe

### CHOCOLATE

Take 8 squares of chocolate and grate it and mix it smooth with a little cold milk. Melt about one large teacupful of white sugar in a little milk on the fire. Boil your cream and stir the chocolate and sugar in and let it boil about 2 minutes, stirring all the time. It takes about 1 qt. cream, 1 pt. milk to make each square make a cup.

Mrs. Markoe

### BLACKBERRY BRANDY

To 2 qts. of blackberry juice, add  $1\frac{1}{2}$  lbs. white sugar,  $\frac{1}{2}$  oz. cinnamon,  $\frac{1}{2}$  oz. nutmeg,  $\frac{1}{4}$  oz. cloves, 1 oz. allspice. Let it boil a few minutes and when cool, add 1 pt. brandy.

Sanitary Commission

## MEDICAL RECIPES, ETC.

### LAVENDER COMPOUND

Half fill your bottle with lavender flowers and pour upon them  $\frac{1}{2}$  a gallon of brandy. Set them in a warm place in the sun for six weeks. Then add 1 oz. of mace, 1 oz. cloves, and 1 oz. nutmeg. Let it stand 2 or 3 months and then strain it until clear. Then take 25 cents worth of Cochineal, pound it fine, tie it up in a fine linen rag and let it soak in  $\frac{1}{2}$  a teacup of cold water. Then add it to the lavender water to color it. Sweeten to your taste.

### WARNERS CORDIAL

Senna 4 drs. Coriander, Fennel, Cochineal and Saffron each 1 drachm; powdered rhubarb 1 oz., liquorice 1 oz., cracked prunes  $\frac{1}{2}$  lb., raisins sliced and seeded  $\frac{1}{2}$  lb., good brandy 1 qt. Put all together in a warm place for 10 days, stirring it each day. Strain it off. Put on 1 pt. of brandy. Let it stand 10 or 12 days and then add it to the first quart.

### LIP SALVE

White wax 2 oz., Hog's lard 2 oz., Spermaceti  $\frac{1}{2}$  oz., Oil of Sweet Almonds 1 oz., Balsam Peru 2 drs., Alkinet Root 2 drs., 6 raisins and about  $\frac{1}{2}$  oz. fine sugar. Simmer them together and then strain into cups.

Mrs. Wharton's recipe has 3 drachms Balsam Peru, 8 raisins cut and stoned and 2 lumps sugar.

### COLD CREAM

Take 1 oz. of the Oil of Sweet Almonds,  $\frac{1}{2}$  drachm white wax, and  $\frac{1}{2}$  drachm of Spermaceti. Melt in a glazed pipkin over hot ashes and then pour it into a marble mortar. Stir it with the pestle until it becomes smooth and cold and then add very gradually a small portion at a time 1 oz. rose water or orange flower water until all is incorporated.

N. B. The Oil of Almonds is not that used for perfuming, it is the fixed, not the essential oil. The mortar must be warmed in winter and kept cool in summer.

Alex. Dawson

### COLD CREAM

Put about  $\frac{1}{2}$  pt. lard in 1 pt. cold water and  $\frac{1}{2}$  drachm white wax and Spermaceti. Boil about  $\frac{1}{2}$  an hour and then set it out to get cold. Then beat it up with as much rose water as it will take and some Oil of Almonds and if you choose some rose perfume.

Mother C.

### DESHLER'S SALVE

Take of resin, suet and yellow wax each, 1 lb.; turpentine  $\frac{1}{2}$  lb.; flax-seed oil  $\frac{1}{2}$  a pint. Melt them together, strain through linen and stir them constantly until cool.

### SIMPLE CERATE

Take of lard 8 ozs., white wax 4 ozs. Melt them together and stir until cool. Particular care should be taken that the lard is free from rancidity and that the heat does not produce the slightest decomposition for the value of the preparation depends upon its perfect blandness.

### DR. JNO. MEIGS' FOOD FOR CHILDREN

He says he has employed it in a great many instances and believes it to be the best substitute for the natural aliment that he is acquainted with. "It is made by dissolving a small quantity of prepared gelatin or Russian isinglass in water to which is added milk, cream and a little arrow-root or any other farinaceous substance that may be preferred. The mode of preparation, and the proportions are as follows: A scruple of gelatin (or a piece 2 inches square of the flat cake in which it is sold) is soaked for a short time in cold water, and then boiled in  $\frac{1}{2}$  a pint of water until it dissolves, about 10 or 15 minutes. To this is added, with constant stirring, and just at the termination of the boiling, the milk and arrow-root, the latter being previously mixed into a paste with a little cold water. After the addition of the milk and arrow-root, and just before the removal from the fire, the cream is poured in and a moderate quantity of loaf sugar added. The proportions of milk, cream and arrow-root must depend on the age and digestive power of the child.

For a healthy infant within the month, I usually direct from three to four ounces of milk,  $\frac{1}{2}$  an ounce to an ounce of cream, and a teaspoonful of arrow-root to a  $\frac{1}{2}$  pt. of water.

For older children, the quantity of milk and cream should be gradually increased to  $\frac{1}{2}$  or  $\frac{2}{3}$  of milk and from 1 to 2 ounces of cream. I seldom increase the quantity of gelatin or arrow-root. In several cases it has agreed perfectly well with infants, who could not without vomiting, diarrhoea, and colic, take plain milk and water, etc., or in fact, any other food that had been tried. In cases of sick children, it ought some times to be made even weaker for awhile, than in the proportions first mentioned above."

### SPICE PLASTER

$\frac{1}{2}$  tablespoonful allspice,  $\frac{1}{2}$  tablespoonful of cloves,  $\frac{1}{2}$  tablespoonful black pepper, and 1 tablespoonful of flour. Put into a pan and mix it very thin with brandy. Let it cook until it becomes quite thick. Spread upon flannel and put it hot upon the stomach.

Dr. Lineaweaver

### COUGH MIXTURE

Take of flaxseed and Gum Arabic 1 teaspoonful,  $\frac{1}{4}$  oz. of liquorice root and  $\frac{1}{2}$  oz. rock candy. Put all into 1 qt. of cold water and boil  $1\frac{1}{2}$  hours. Add one small lemon sliced and then boil a few minutes longer.

Dr. Physick

### GENTLE APERIENT

Boil 2 ozs. of senna in 1 pt. of water. Then strain and add to the liquor 1 lb. prunes with enough brown sugar to make a rich syrup and a lemon cut in slices. Let them stew until the prunes are quite tender. Take as much as you find sufficient.

Mrs. De Groot

### CAMPHOR WATER

Break 1 oz. camphor in small pieces and add enough spirits of wine to cover it. When dissolved, pour on it 2 qts. boiling water and when cold strain and bottle it. A grown person may take 1 wineglassful.

Mrs. Service

### LIME WATER

Put a piece of lime the size of a hen's egg into a gallon of water and when nearly dissolved, strain, bottle and cork it tightly.

Dr. Hewson

### CURE FOR THE EARACHE

Put 3 drops of spirits of turpentine into a teaspoonful of sweet oil (warm) and pour it into the ear. It will frequently allay the most severe pain.

Dr. Hewson

### FOR TOOTHACHE

Alum powdered, 2 drachms; nitrous spirits of ether, 7 drachms. Mix together and apply to the tooth.

### LINIMENT FOR RUBBING

1 tablespoonful sweet oil, 2 teaspoonsful spirits of turpentine, 1 drachm laudanum.

Dr. Carson

### CURE FOR THE CROUP

Take a piece of alum and make the side perfectly smooth and then hold it over a teaspoon and scrape the alum into it until you have it full. Then empty it into a cup and add to it 3

spoonsful of honey. Give one teaspoonful to the child and if he does not vomit in 10 minutes, give him another and continue until it has the desired effect.

Dr. Meigs  
March, 1857

### CONVULSIONS

When a child has a convulsion, while teething, put his feet into warm water, give him an injection immediately and have his gum lanced. As soon as he can swallow, give him a dose of oil.

Dr. Meigs, 1857

### COUGH MIXTURE FOR A CHILD

Paregoric, nitre, and ipecacuanha, equal proportions.

Dr. Pepper

### CURE FOR A SPRAIN

White of an egg, 1 tablespoonful of soft soap, 1 tablespoonful of salt, 1 tablespoonful of laudanum and 1 tablespoonful of brandy thickened with chalk.

### SORE THROAT

Take some honey in the comb, squeeze it out and dilute with a little water; wet the lips and mouth occasionally with it. It has never been known to fail in cases where children were unable to swallow anything else.

### LOTION FOR RHEUMATISM

2 tablespoonsful of Cayenne pepper and 1 gill of whiskey. Mix well together.

### SOOTHING DRINK FOR A COUGH

Take 2 ozs. figs, 2 ozs. raisins, and pearl barley 2 ozs. Boil all together in  $1\frac{1}{2}$  pts. of water,  $\frac{1}{2}$  oz. liquorice root, and  $\frac{1}{2}$  oz. of flaxseed until reduced to one pint of liquor. Strain it and take  $\frac{1}{2}$  a wineglassful morning and evening and whenever the cough is troublesome.

### DR. PEPPER'S LINIMENT FOR SORE THOAT, ETC.

1 tablespoonful of water, 1 tablespoonful of vinegar, 1 tablespoonful of sweet oil, 1 wineglassful of turpentine. Take one egg and blow it out of the shell into the mixture. Shake well before using.

## PRESERVES, JELLIES, ETC.

### RASPBERRIES IN BRANDY

Put in a glass jar a layer of fruit and then a layer of sugar and continue adding layers until the jar is nearly full. Then pour on some good brandy and cover the whole. Shake the jar well and cork tightly.

### CHERRY JAM

12 lbs. of cherries stoned and 3 lbs. of brown sugar, no water. Boil to a jam and stir well.

### PINEAPPLE JAM

Pare the fruit, weigh and grate it. Add a little more than  $\frac{1}{2}$  lb. of sugar to 1 lb. of fruit. Strain the juice and boil it, for an hour.

Lizzie Norris

### PRESERVED QUINCES

1 lb. sugar, 1 lb. quinces. Parboil the quinces until tender. Boil the skins and cores to make a syrup in the same water and strain it through a cloth. Put in the loaf sugar broken into large pieces and when melted add the quinces and boil them. Boil them until clear and soft. Lay them out separately and put them up when cool with the juice. Boil them fast about 30 or 40 minutes.

D. B. C.

*Quinces* require a pint of water to 3 lbs. sugar.

*Peaches* require half this quantity of water.

*Plums* not as much as peaches, about 1 pt. to 5 lbs. sugar.

*Pineapples* about 1 gill to 1 lb. sugar.

### QUINCE JELLY

Cut your quinces in quarters but do not pare or core them if they are sound. Remove from them all blemishes. Put them into a kettle with a little water. Let them boil slowly until they are soft and broken. Then put them into a jelly bag and hang it up and let all the juice run out that you can. Keep the juice obtained in this way by itself as it will be more clear than the rest. Then squeeze the remainder. To 1 pt. of juice, allow 1 lb. of sugar. Then proceed as for currant jelly.

D. B. C.

## APPLE JELLY

This is made exactly like currant jelly except that the apples are boiled in water, and that you put about  $\frac{3}{4}$  lb. of sugar to 1 lb. of fruit and one lemon to each quart of apple juice, and which should be put in because without it, the jelly would be insipid. If you put any of the skin in first, boil it in the sugar and water.

## CURRANT JELLY

Put the currants into a stone jar and cover them and set them into a boiler of boiling water, or into the oven, until they are well heated through. Then strain them through a muslin bag and to every pt. of juice, add 1 lb. of sugar. Then put the juice into a kettle and boil it until it is a jelly. It will take about 20 minutes to boil.

## TO BOIL AND PRESERVE FRUITS (WITH BRANDY)

Put a layer of fruit and a layer of sugar alternately into a tin ice cream freezer until it is filled. Pour as much light brandy over the fruit as the tin will hold. Cover it tightly and stand it in a pan of water over the fire until the brandy is well heated. Then put it into bottles and rosin them up well. Apricots and peaches should not be pared but wiped with a course cloth.

## TO PRESERVE CRAB APPLES

Coddle and core the fruit. Put it, with grape leaves and plenty of water, over a slow fire until green. Let them cool and pour over them a rich syrup. They must remain in the syrup until it is sour about 10 or 12 days. Then take them out of the syrup and wipe them well inside and out. Pour over them a fresh syrup, rich and boiled to candy. Let it be cold before pouring it over them.

Mrs. Sargeant

## PRESERVED GAGES

Prick the gages with a gold pin and throw them into cold water as they are pricked. Then put them on the fire and let them boil once, and then take them out with a skimmer, and throw them into cold water again. The syrup made with  $\frac{3}{4}$  of a lb. of sugar to each pound of fruit should then be ready and boiling. Put the gages into this boiling syrup and let them boil 5

minutes. Then take them out and put them on a deep dish and let the syrup remain on the fire until it becomes thick, and then pour it boiling over the gages. Repeat this exactly the next day. First put on the syrup and when it boils, throw in the gages and let them boil two minutes. The third day, do the same, but let the gages boil 5 minutes. Make a fresh syrup with  $\frac{1}{4}$  lb. sugar to each pound of fruit. Mix 1 pt. of Spanish brandy with 1 qt. of warm syrup and when cold, pour it over the gages. Put them into glass jars tightly corked.

Mrs. Clapier

### TO PRESERVE LEMON OR ORANGE PEEL

Lay the peel in salt and water 2 days changing the water the 2nd day. Then boil them in fresh water until you can easily run a straw through the pieces. Drain them in a cloth. Make a rich syrup of loaf sugar and boil all together some time. Put into bottles and cork tightly.

### TO PRESERVE PEACHES

1 lb. of fruit,  $\frac{1}{2}$  lb. sugar; blanch the kernels and preserve all together. Pare and sugar the fruit over night.

### PEACH BUTTER

This is always better when made with cider, but when you cannot obtain it you can make it in the following manner: 2 lbs. of peaches, 1 lb. of sugar, and to every 8 lbs. of sugar add 1 large tin bucket of water. Dissolve the sugar in the water and let it come to a boil; strain it, then put it over the fire and boil and skim it well. Then add the peaches and stir the same as for apple butter. Spice to your taste.

D. B. Cox—53

### TO PRESERVE STRAWBERRIES

To every quart of fruit, take 1 lb. loaf sugar. Make a syrup, *viz.* take as much water as will melt the sugar (about 2 tumblersful to a large kettle of fruit.) Let it come to a boil and then take it off and skim it. Then add the strawberries and be careful not to stir them after they are put in. Boil them slowly and not by a very hot fire and skim them well. They are done when the fruit looks clear and the scum ceases to rise.

E. N. Brown—54

## STEWED CRANBERRIES

One qt. of fruit, 1 pt. of water, and 1 lb. of sugar. Boil and skim the sugar whilst boiling. Throw in the cranberries and let them boil until they begin to burst. Keep them covered until cool.

## BRANDY PEACHES

Make a strong lye of pearl ash and dip your fruit into it while it is boiling, then rub them with a coarse cloth which will take off the skin, and then drop them into cold water. Take  $\frac{1}{2}$  lb. of sugar to 1 lb. of fruit. Make the syrup as usual and boil the fruit until soft. Take 1 tablespoonful of brandy to 2 of the syrup and mix them together and pour it over the fruit when cold. The jars should exclude air. Peaches cut in half can be done the same way.

Miss M. Lippincott

## BRANDY PEACHES

$\frac{3}{4}$  of a peck of peaches, 6 lb. sugar, 1 qt. best white brandy. Boil your peaches in strong lye for 10 minutes, and then rub off the skin with a coarse cloth and throw them immediately into cold water, as it preserves the color and hardens them. Then put them on a dish to drain and cover them closely. Take  $\frac{1}{2}$  of your sugar and make a syrup and boil your peaches until tender. Then take them out and add the remainder of the sugar and make a rich syrup. When well boiled, pour it into a pan and mix the brandy with it and cover it closely until cold.

Mrs. Clapier

## BRANDY PEACHES

3 lbs. sugar, 6 lbs. peaches pared, and 3 pts. of white brandy. Then put them into a jar and cover closely and put the jar into a kettle of water and boil several hours.

## PEARS STEWED

If you have the large winter pears, pare and cut them in quarters and to 5 pears, take a teacupful of brown sugar. Add a few cloves and a little Claret and stew until tender.

Mrs. Camac

## POIRES AU CHOCOLATE

Any kind of pear will do, but the *Beurre blanc* are the best. Cut them in quarters, put them in a dish with a little wine; powder them with flour and fry them in butter. Put some milk in a sauce pan with sugar and cinnamon and stew the pears very gently in it for 1 hour. Put them in a dish and add to the sauce some cream and the yolk of an egg and pour over them.

Mrs. Camac

## APPLE MARMALADE

Pare and core the apples. Weigh and cut them in small pieces, put just enough water to cover them and let them boil slowly several hours. Then add  $\frac{1}{2}$  lb. sugar to each lb. fruit and the juice and rind of 1 lemon grated to each 3 lbs. fruit. Continue to boil until thick enough. They must be carefully stewed else they will burn.

Mrs. Markoe

1 lb. brown sugar to 1 qt. nearly ripe plums.

$\frac{1}{4}$  lb. brown sugar to 1 qt. *Morella cherries*, no water.

$\frac{1}{4}$  lb. brown sugar to 10 good sized *peaches* and no water for immediate use.

1 lb. white sugar to 1 qt. and 3 tablespoons water for gooseberries. Use a silver spoon as iron discolors the fruit.

## RHUBARB PIE PLANT

After taking off the skin, cut it in pieces 1 or 2 inches long. To  $2\frac{1}{2}$  lbs. fruit take  $1\frac{1}{2}$  lbs. sugar and boil it slowly until it looks like sweetmeats. When cold, add the juice of a small lemon and the rind grated. Orange peel instead of lemon is an improvement. It is very nice either with or without paste.

Mrs. Camac

## PICKLE FOR MEATS

### PICKLE FOR 8 HAMS OF 8 OR 9 LBS. EACH

To each ham a small teaspoonful of saltpetre and a tablespoonful of brown sugar. Throw in some fine salt in packing them away and let them lie 3, 4, or 5 days. Make a pickle of salt and water to bear an egg and 1 pt. of molasses, and no saltpetre. In pickle 3 weeks, smoke 2 weeks if smoked every day, then hang them up to dry. Cover them in March or April.

Jan. 30th, 1824

### POCOCK'S RECIPE FOR PICKLING BEEF, PORK, OR MUTTON

4 gallons of water,  $1\frac{1}{2}$  lbs. brown sugar, 2 oz. saltpetre, 5 lbs. alum salt. Put the whole into a kettle and let it boil, taking off the scum as it rises with care. When the scum ceases to rise, take it off the fire and let it get cold. Put the meat into the vessel in which it is to be kept and pour in the liquor until it is entirely covered. Beef preserved in this way is as good as if salted, but three days, at the end of 10 weeks. If the meat is to be kept a long time, the pickle must be boiled and skimmed once in 2 weeks.

### PICKLE FOR BEEF, MUTTON, OR PORK

8 gallons of water, 3 lbs. of sugar,  $\frac{1}{4}$  lb. saltpetre, 12 lbs. of salt. To be boiled and skimmed until no scum arises. Then pour it cold upon the meat.

### PICKLE FOR BEEF

Pack down your beef, sprinkling some fine salt on the parts which come in contact with each other. Place a weight upon the beef and then cover it completely with the pickle made of the following preparations: 12 lbs. of fine Liverpool salt, 8 gallons of water, 1 lb. sugar, and 4 ozs. of saltpetre. Mix the pickle with cold water, skim it well and put it on cold.

I. S. Lewis to J. P. Norris, April 18th, 1822

### PICKLED BEEF

6 gallons of water, 12 lbs. of salt, 5 oz. saltpetre, and 6 lbs. of brown sugar. Simmer them over the fire until the scum ceases to rise. This quantity is sufficient for 200 lbs. of beef. Let it stay in pickle 4 or 5 weeks and re-pack it once in that time.

M. Newbold, N. J.

### MRS. R. COLEMAN'S RECIPE FOR PICKLING BEEF OR PORK OF 90 LBS.

6 gallons of water, 9 lbs. of salt, ( $4\frac{1}{2}$  of fine and  $4\frac{1}{2}$  of coarse salt), 3 lbs. brown sugar, 3 oz. saltpetre and 1 oz. of pearl ash. To be boiled and well skimmed and 1 quart of molasses.

### 90 LBS. OF BEEF OR PORK

The same as the above without the molasses. To be mixed with cold water and well boiled and skimmed.

### CORNERED BEEF

1 gallon of water,  $1\frac{1}{2}$  lbs. of salt,  $\frac{1}{2}$  lb. brown sugar, and  $\frac{1}{2}$  oz. saltpetre. Boil all together and skim it well. Then put it into a large tub to cool, and when *perfectly cold*, pour it over your beef or pork and let it remain in four weeks. The meat must be well covered and should not be put down for at least 2 days after killing during which time it should be slightly sprinkled with powdered saltpetre.

Mrs. Brown

### SAUSAGES

6 lbs. pork, 3 lbs. fat, all chopped fine, 3 teaspoonsful of sage to 1 lb. of meat, 6 teaspoonsful of Cayenne and salt.

Mrs. Brown

## BIRDS

### RECIPE FOR DRESSING BIRDS

Rub the inside of the bird with pepper and salt. Skewer them up, rub them with a little butter, put them into your pan with the breast up and let them brown well. Then take them out, turn them, and sift a little flour in the pan. Pour  $\frac{1}{2}$  a pint of water and a wineglass of wine in and let them stew until tender. Then just before dishing, put in 2 more glasses of wine.

Mrs. C.

### TO STEW PIGEONS

Make a rich gravy of beef or veal. Add to it a little thyme and parsley, chopped fine. Put the birds in a pot with their backs up and pour this gravy over them and some black pepper and salt. When they are almost done, take a good lump of butter, stir it well in flour and put among them. About  $\frac{1}{4}$  of an hour before they are served, put some biscuit over them, which has been soaked in cold water about ten minutes and let the gravy boil over them. The birds must be taken out first and the biscuits laid over them, and the gravy poured over all.

Mrs. Markoe

## PUDDINGS

### PLUM PUDDING

6 eggs,  $\frac{1}{2}$  lb. chopped suet,  $\frac{3}{4}$  lb. crackers pounded very fine,  $1\frac{1}{4}$  pts. milk, 1 tablespoonful of cloves and cinnamon, 1 cup of brown sugar, 2 lbs. raisins stoned and 1 cup of wine and brandy. Beat the eggs very light and then add the sugar and crackers alternately and then the spice, brandy and suet and raisins well floured. Boil it 4 hours and serve with wine sauce and citron, and cut some pieces of citron and put over the pudding.

Mrs. Sergeant

### CUSTARD PLUM PUDDING

Cover the bottom of a pan with citron and plums mixed, then a layer of some bread and butter, and then another layer of citron and plums and continue the layers until the pan is nearly full. Then pour over the whole as much custard as will fill the pan. Let it stand a few minutes until the custard penetrates, and then bake it about  $\frac{3}{4}$  of an hour until the custard is sufficiently done. Currants may be mixed with the plums.

### LITTLE CITRON PUDDINGS

$\frac{1}{2}$  a pt. of cream, 2 ozs. sugar, 1 spoonful of flour, the yolks of 3 eggs, 1 nutmeg, and 2 ozs. of citron cut very thin. Mix all well together and bake in teacups.

### COCOANUT PUDDING 1

One cocoanut grated fine, whites of 6 eggs beaten stiff,  $\frac{1}{4}$  lb. butter beaten to a cream,  $\frac{1}{2}$  pt. of cream and sugar to your taste, 1 spoonful of cocoanut liquor. Beat until light and bake well.

### COCOANUT PUDDING 2

$\frac{1}{4}$  lb. of cocoanut grated,  $\frac{1}{4}$  lb. of sugar, 3 ozs. of butter, and 6 eggs, the whites only to be used and to be beaten very stiff;  $\frac{1}{2}$  a wineglass of brandy,  $\frac{1}{2}$  a wineglass of wine and 1 spoonful of rose water. Beat the butter and sugar to a cream and then mix all together and bake in puff paste. Mrs. Goodfellow

### POTATO PUDDING 1

Peel and boil 2 lbs. of Irish potatoes. Mash them through a colander and mix in  $\frac{1}{2}$  lb. of melted butter. Take 8 eggs and beat the whites and yolks separately; 1 pt. of cream,  $\frac{1}{2}$  lb. of fine sugar,  $\frac{1}{2}$  a nutmeg grated, and  $1\frac{1}{2}$  glasses of brandy. Mix all well together and bake in an earthen dish.

### LEMON PUDDING 1

Grate off the rind and squeeze the juice of one large fresh lemon. Spread a thin crust on the bottom of a pan and sprinkle  $\frac{1}{4}$  lb. of fine white sugar over it. Pour in the juice and rind and pulp; add a little water and cover the pie.

### LEMON PUDDING 2

4 fine lemons, 2 Naples biscuits grated,  $\frac{3}{4}$  lb. of fine sugar,  $\frac{3}{4}$  lb. melted butter,  $\frac{1}{2}$  pt. of good cream, 12 yolks and six whites of eggs beaten very light. Boil the lemon pulp until tender, then pound it in a mortar and when fine, mix with it the other ingredients. Sift a little white sugar over it before baking. Put a sheet of paste at the bottom of the pan.

### ORANGE PUDDING

Boil the pulp of 4 sweet oranges in 3 several waters to extract the bitter taste. Beat them in a mortar to a paste. Take 1 lb. sifted sugar,  $\frac{1}{2}$  lb. butter, yolks of 2 eggs, and the juice of one orange. Mix the sugar to the paste and then the butter and eggs well beaten. Bake in a dish in a Dutch oven over a slow fire.

### RICHMOND PUDDING

1 lb. raisins stoned and chopped, 1 lb. grated bread, 1 lb. brown sugar,  $\frac{1}{2}$  lb. currants, 1 lb. suet, 7 eggs, citron and mace, 2 glasses brandy, 1 glass wine. Mix all well together and boil in a bag.

### INDIAN PUDDING 1

1 quart of milk,  $\frac{3}{4}$  lb. butter,  $\frac{1}{2}$  lb. Indian meal,  $\frac{1}{2}$  lb. sugar, yolks 16 eggs,  $\frac{1}{2}$  lb. currants, rose water and wine, and one nutmeg. Bake the pudding in small dishes in a Dutch oven. Boil the milk (with a little salt) and the Indian meal to a mush and before it is quite cold, add the butter.

### INDIAN PUDDING 2

8 eggs leaving out the whites of 4, the weight of 8 in sugar, and 6 in Indian meal, 1 nutmeg,  $\frac{1}{4}$  lb. butter beaten until light with the sugar, then add the rind and juice of 2 lemons and bake 1 hour.

Mrs: Clapier

### INDIAN PUDDING 3

Boil the milk about 1 qt. and scald the Indian meal, stirring it well to be as thick as thin mush, beat 4 or 5 eggs, take a little butter, and either nutmeg or cinnamon to your taste. It takes more baking than wheat flour and will turn out of the dish.

D. B. C.

### MALBOROUGH PUDDING

1 qt. apples,  $\frac{1}{2}$  lb. sugar, 1 lb. butter, juice and rind of 2 lemons, 2 small nutmegs grated, 10 eggs, beaten until light, 2 wineglasses of wine, a small loaf of bread grated. Pare, quarter and stew the qt. apples. Pass them through a sieve and let them cool. When cool, add the other ingredients.

### BOILED FLOUR PUDDING

1 qt. milk, 9 spoonsful flour, 9 eggs, and a small piece of suet cut fine. Put your bag in hot water, dust the inside with flour, let the water boil when you put it in. It will take a good hour to boil.

Grandma Dawson

### RICE PUDDING 1

1 qt. milk, 3 tablespoonsful ground rice, 6 bitter almonds and 12 sweet almonds, 1 teacup white sugar and the whites of 2 eggs. Boil the milk, thicken it with the rice, blanch the almonds and pound them to a cream in rose water. Boil all a few minutes and pour into a pudding dish. When cool, beat up the eggs with 2 tablespoonsful of sugar and spread it over the pudding. Bake it ten minutes until it is a light brown. Eat it cold with cream.

Mrs. W. W. Fisher

### BAKED FLOUR PUDDING

1 qt. milk, 5 spoonsful of flour, 5 eggs, the yolks and whites beaten separately. Make a stiff batter with part of the milk, add the yolks. Beat it well, then put in the rest of the milk and just before baking, the whites of the eggs. Bake ten minutes.

Mrs. Clapier

### CORN PUDDING

1 doz. full ears corn grated, 4 eggs beaten light,  $\frac{1}{4}$  lb. butter, cut into small pieces, mixed through; not quite 1 pt. of cream, 2 spoonsful of salt (salt spoonsful) and pepper to taste. Bake an hour. To be eaten hot.

### PUFF PUDDING

Take 1 doz. small pound or sponge cakes and split them and lay them in small pudding dishes. Wet them slightly with cream. Then cover them with preserved strawberries or some other preserve. Beat the whites of 1 doz. eggs, the same as you would for float. Sweeten to your taste, add the grated rind of one lemon. Put it over your cakes and bake them in a moderate oven 15 minutes. If you like the taste of nutmeg, grate a little over the cakes before covering them with the eggs.

Mrs. Forney

### CUP PUDDING

Melt 3 ozs. butter in 1 qt. milk and then beat 8 spoonsful flour with 6 eggs and pour the boiling milk upon it. You can add, if to your taste, a little nutmeg or orange water. Bake in little cups well buttered.

Mrs. Clapier

### POOR MAN'S PUDDING

5 cents worth of bread, 1 lb. light brown sugar, 1 lb. raisins stoned,  $\frac{1}{2}$  lb. suet chopped fine, a little salt and nutmeg. Put them into a bag and boil them 3 hours.

### BAG PUDDING

1 qt. milk, 6 eggs,  $\frac{3}{4}$  lb. flour; beat the eggs very light, the whites and yolks separately and stir them into the milk. Then add the flour, beat all well together and put it into a bag to boil 2 hours.

Mrs. Clapier

### SAGO PUDDING

Boil a large tablespoonful of sago in a pint of milk with lemon peel and cinnamon and when cold, add sugar, 2 eggs well beaten, and nutmeg.

### POTATOE PUDDING 2

Potatoes after they are boiled and mashed,  $1\frac{1}{2}$  lbs.;  $\frac{1}{2}$  lb. butter,  $\frac{3}{4}$  lb. brown sugar, 7 eggs, brandy, rose water, and cream, each 1 gill; 1 teaspoonful ground cinnamon and some nutmeg. Beat the butter and potatoes together and beat the eggs first by themselves and then with the sugar. Stir it well with the potatoes and butter and add the spice and liquor and bake it in paste. This makes about 4 puddings.

Mrs. Markoe

## SWEET POTATO PUDDING

1 lb. sweet potatoes boiled and mashed with  $\frac{1}{4}$  lb. butter and 1 teacupful of milk. Beat 5 eggs, leaving out 2 whites, with 1 teacupful brown sugar. Stir all well together and add of wine and brandy each 1 wineglassful, a little cinnamon and nutmeg and if you like it some lemon juice and rind. Bake in paste. This makes about 3 puddings.

Mrs. Markoe

## RICE PUDDING 2

Boil  $\frac{1}{4}$  lb. unground rice in 1 qt. milk until soft. Stir in  $\frac{1}{4}$  lb. butter. Take it from the fire and put in 1 pt. cold milk with a small teaspoonful of salt and 1 small nutmeg, grated. When it is lukewarm beat 4 eggs with  $\frac{1}{4}$  lb. sugar and add to it. If you like the taste, add  $\frac{1}{2}$  lb. raisins, or a teaspoonful of orange peel. A vanilla bean boiled in the milk is a great improvement.

Mrs. Camac

## GROUND RICE PUDDING

Boil 1 qt. milk, thicken it with  $\frac{1}{2}$  lb. ground rice and boil up 2 or 3 times until thick. When a little cooled, add  $\frac{1}{2}$  lb. butter and 1 lb. white sugar previously worked together and 8 eggs well beaten. Nutmeg, cinnamon or vanilla improve it. Bake in paste. This makes 6 puddings.

## PUFF PUDDING

1 pt. milk, 6 eggs well beaten, leaving out 3 whites, and 4 tablespoonsful of flour sifted. Pound up a vanilla bean which has been used before with a teaspoonful of fine sugar to a powder and mix all together and put in cups or on a dish. Make an icing with the 3 whites and 3 tablespoonsful of sugar and a little lemon juice. Put it on whilst hot and eat it immediately. It must be baked in a hot oven and put in when the dinner is served.

Mrs. Camac

## INDIAN PUDDING

Take  $\frac{1}{4}$  lb. butter, and rub it well into  $\frac{1}{2}$  pt. sifted Indian meal and scald it with 1 teacupful of boiled milk. Then add 1 teacupful of molasses and 2 bare tablespoonsful of flour. Beat up 3 eggs and add to it and boil it (tied up in a cloth) for 2 or 3 hours. Eat it with wine sauce. Flavor it with 2 teaspoonsful of ginger or orange peel.

Mrs. Wharton

## CUPS

Put 9 even tablespoonsful of flour into a vessel with a pinch of salt. Make a hole in the middle of the flour, beat up well 5 eggs leaving out the white of one, pour it into the hole and mix the eggs and flour together and add 1 pt. milk by degrees. Fill the cups only half full. This quantity should make 10. Bake in a quick oven  $\frac{3}{4}$  of an hour and turn them out.

## GERMAN PUFFS

Beat to a good batter, 4 spoonsful of flour and 4 eggs; then rub 2 ozs. clarified butter with a little grated nutmeg and powdered sugar into 1 pt. of cream. Mix this and the batter well together and butter some cups and fill them with it. Bake in a quick oven and serve with wine sauce. Mrs. Brown

## PUDDING

2 spoonsful of butter (melted), 2 cups of flour, 1 cup of milk, 2 spoonsful of cream of tartar and 1 of soda. Eat with wine sauce. Eliz. Peters

## BOLSTER PUDDING

Make a potato crust (as for apple dumpling) and roll it out. Spread over it some raspberry jam and roll it up. Put it in a long bag and boil as a dumpling. Serve it hot with butter and sugar sauce. Mrs. DeWolf

## RICE MERINGUE

$\frac{1}{4}$  lb. of rice boiled in a pint and a half of rich milk until quite soft. Then add the yolks of 5 eggs and sugar to your taste. Flavor it with vanilla, or 40 sweet and 6 bitter almonds. Beat the whites until very stiff. Flavor with vanilla and add 1 teaspoonful of sugar to each egg. Put it on the top and bake a light brown. Mrs. Dr. Logan

## TAPIOCA PUDDING

Take one teacup full of tapioca, soak it in water, then have some apples pared and sliced and fill your pudding dish with the tapioca and apples in layers. Have the tapioca both at the top and bottom of the pudding. Flavor to your taste. Eat with sugar and cream or Nun's sauce. Mrs. DeWolf

### COTTAGE PUDDING

4 eggs, beat the whites and yolks separately; 2 cups sugar, 2 cups milk, 1 qt. flour,  $\frac{1}{4}$  lb. butter, 1 tablespoonful cream tartar. Mix all well together. Add the whites and 1 teaspoonful soda just as you are ready to put it in the oven. Bake  $\frac{3}{4}$  hour. Wine sauce.

D. B. C.

### COTTAGE PUDDING

1 pt. flour,  $\frac{1}{2}$  pt. sugar,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  pt. milk, 2 eggs, 2 small teaspoonsful cream of tartar, and one of soda dissolved separately;  $\frac{1}{2}$  a nutmeg, a little brandy and a handful of currants. Bake  $\frac{3}{4}$  of an hour in a tolerably slow oven. Add soda and the cream of tartar when just ready to bake. Eat hot with wine sauce.

### COLD PUDDING WITH SAUCE

1 pt. milk boiled in a milk boiler, 1 tablespoonful rice, flour mixed smooth with cold milk, stir it in the boiling milk, and let it boil 5 minutes. Add sugar to taste; 1 teaspoonful vanilla, beat the yolks of 3 and the white of one egg and stir in, and then pour it into the dish to be served. Beat well the whites of 2 eggs, adding a little sugar, pour it over the pudding when a little cool, and set in a quick oven to brown. Let it be cold before you eat it. *Sauce*: Add to some milk a *little* flour to thicken, and a piece of lemon peel, sweeten to taste, and add wine on taking off the fire. Let it cool.

### CHEESE PUDDING

$\frac{1}{4}$  lb. cheese,  $\frac{1}{2}$  pt. cream, 2 ozs. butter, 4 eggs, pepper and salt to taste. The cheese to be grated and to stand in the cream 2 hours, the yolks and the whites to be beaten separately. Bake  $\frac{1}{2}$  hour and serve hot; a rim of paste on the pudding dish or not as you like.

### TAPIOCA PUDDING

$1\frac{1}{2}$  cups tapioca boiled soft in equal quantities of milk and water, then sweeten to your taste. Pour it into a baking dish, then put a few lumps of fresh butter and the grated rind of a lemon and cut raw apples and lay them on the top. Then bake in a moderate oven nearly 2 hours. Serve with cream sweetened, some nutmeg and wine.

## PLUM PUDDING

10 eggs,  $\frac{1}{2}$  lb. suet, which when you pick out all the best pieces, will amount only to about  $\frac{1}{4}$  lb., 1 lb. raisins, 1 lb. currants,  $\frac{1}{4}$  lb. citron, 1 stale baker's box loaf of bread grated, 1 teacup milk, 1 teacup flour,  $\frac{1}{2}$  a tumbler of brandy. Grease the bag thickly with butter, and tie as tight as you possibly can your bag or muslin cloth, but leave room for it to swell. Put a plate under it. Flour your fruit well. Add one nutmeg and some other spice. Mix the flour and milk together and then the eggs and grated bread gradually, then the spice, suet and fruit. Boil 6 hours without stopping as if it should stop boiling at all, it would be spoiled.

Kitty

## PIES

### PUFF PASTE

Take 1 lb. butter to  $1\frac{1}{4}$  lbs. flour; dividing the butter into 4 parts. Sift the flour and take  $\frac{3}{4}$  lb. of it and one portion of the butter and cut up small in the flour and . . . of water make it up into a paste with a board knife, handling it as little as possible and only with the ends of the fingers. Roll it out thin. Take the 2 portions of the butter, stick it all over the paste in little bits and flour it with that which was left out. Fold the paste over top and bottom and each end so as to make 9 thicknesses. Roll it again and repeat the process twice more and it is done.

In summer, the water should be iced and the butter kept on the ice until the moment it is to be used, and all put in at one mixing as the other way takes up so much time that the butter becomes soft and spoils the paste. The pies should be kept in a cool place until the oven is ready and baked in a quick oven.

1 lb. flour and  $\frac{1}{2}$  lb. butter and a bare gill of water mixed as first mentioned, makes good family paste and is enough to make 2 plate pies.

Mrs. Markoe

### MINCE PIES

6 lbs. fresh beef tongue, boiled, 6 lbs. raisins stoned, 6 lbs. currants washed and dried, 6 lbs. beef suet picked and chopped fine, 6 lbs. brown sugar, 3 lbs. citron,  $\frac{1}{4}$  peck Pippens, pared, cored, and chopped fine; the juice of six lemons and rind grated, and 1 pt. wine and 1 pt. brandy, 6 ozs. cinnamon powdered; and all-spice and cloves 2 oz. each, 2 nutmegs grated. Each article must be chopped fine separately and then all well mixed together. This will make 20 plate pies. It is better to add cider and brandy and wine to every set of pies you make.

## DESSERTS

### BATH CUSTARDS

Sweeten well 1 qt. new milk and season with cinnamon and boil gently. Beat the yolks of 1 doz. eggs and add them to the milk when cool. Stir all well together and strain through a sieve. Add 2 or 3 spoonsful of rose water. Fill the custard cups and put them in water into an oven. Let them cool slowly with the tops off and when they congeal they are done.

### BOILED CUSTARDS

1 doz. eggs leaving out half the whites. Beat them light. Add 1 quart cold sweet milk, sweeten to your taste (about 4 table-spoonsful sugar) scrape in a good sized piece of vanilla bean and put all into a pitcher. Set it into a vessel of warm water and stir all the time until done. They take about 20 or 30 minutes. Stir whilst pouring into the cups lest they turn. D. B. C.

### CHOCOLATE CUSTARD

To 2 quarts milk, add  $\frac{3}{4}$  lb. best chocolate and 4 eggs and sugar to your taste. Grate the chocolate and boil it in the milk until thoroughly dissolved. Beat the eggs and after cooling the chocolate sufficiently, stir it into the eggs. Then return it to the fire and stir it until it thickens, but do not let it boil.

### APPLE MARENG

Stew a dish of apples very smooth and season to taste. Scallop out a sponge cake and fill it in with apple. Beat up 4 or 5 whites of eggs very light and add enough sugar to make it stiff. Put it on the top of the apples and bake 5 minutes until brown. Serve hot. D. B. C.

### LEMON CREAM

Pare 2 large lemons and squeeze them. Pour the juice of one on the rinds and let it stand to extract the flavor. Sweeten and strain the juice then into 1 pt. cream. Add the yolks of 4 eggs beaten light. Heat and stir until thick.

### CHOCOLATE CREAM I

$\frac{1}{2}$  cake of chocolate grated, 1 qt. boiled milk flavored with vanilla, yolks of 4 eggs and sugar to taste. Mix the chocolate with a little cold milk. Strain it through a sieve into a kettle on a slow fire and stir until a thick cream. Pour into cups.

D. B. C.

### SPANISH CREAM

1 qt. boiling milk,  $\frac{1}{2}$  oz. isinglass soaked in  $\frac{1}{2}$  pt. water, yolks of 6 eggs, a large spoonful sugar to each egg. Flavor with vanilla or lemon. It must not boil after putting in the eggs.

### ALMOND CREAM

$\frac{3}{4}$  oz. gelatin, 1 qt. cream, 1 doz. bitter almonds, 2 doz. sweet almonds, 1 tablespoonful peach water, and sugar to taste. Boil the gelatin in 1 pt. water, until reduced one half; pour it on the cream. Pound the almonds in the peach water, mix with the cream, and strain into molds. Eaten when cold.

### ITALIAN CREAM

$\frac{1}{2}$  oz. shred Russian isinglass, 1 qt. milk,  $\frac{1}{2}$  lb. powdered sugar, 2 glasses Sherry or Madeira wine, and juice of 3 lemons and rind of one. Dissolve the isinglass in 1 pt. of the cream and the lemons and sugar in the other pint. When the first pint is cool, beat all well together straining first through a sieve. This makes 2 small moulds.

### RICE MILK

2 qts. milk, 1 vanilla bean, 1 teacup of rice, and sugar to taste. Boil the bean in the milk, throw in the rice, and let it simmer. When done, add 1 tablespoonful of peach water. If you wish, when it is cold, you can make it into a pudding by adding 2 eggs, a little butter, a tablespoonful of wheat flour, and some citron. Bake in a Dutch oven.

### RICE FLUMMERY

Boil in a quart of milk some vanilla bean scraped, and then sweeten it to your taste; then have mixed in a bowl 4 or 5 tablespoonsful ground rice in cold milk perfectly smooth. Then stir in the cold milk and rice gradually to the boiling milk and keep stirring it all the time to keep it from burning. Wash the moulds but do not wipe them.

Mother

### RACAHOUT

$\frac{1}{2}$  lb. fine chocolate,  $\frac{1}{4}$  lb. arrow-root,  $\frac{1}{4}$  lb. ground rice,  $\frac{1}{4}$  lb. loaf sugar. Reduce the ingredients to a powder and mix all together. Mix a dessertspoonful of the mixture in a little cold water right smooth. Pour it in a cup of boiling milk and boil a few minutes. It should be as thick as rich chocolate.

Mrs. Sergeant

### ARROW-ROOT BLANCMANGE

Two tablespoonsful of arrow-root, 1 qt. milk and a pinch of salt. Scald the milk and sweeten to your taste, and stir in the arrow-root having first mixed it in a little cold milk. Let it boil once. Flavor to taste.

### WHIPS

$\frac{1}{2}$  pt. cream, whites 4 eggs,  $\frac{1}{2}$  pt. wine, juice of one lemon and sugar to taste. Beat the eggs to a froth and then beat the whole up stiff.

### CHARLOTTE DE POMME

Take a small round pan and grease it well. Put in first a layer of stale bread crumbs, then a layer of apples peeled, sliced and cut thin, then a layer of sugar, with a little nutmeg or cinnamon, a layer of each until the dish is filled. Then moisten with a little lemon juice and add water to the apples if they are not very juicy. There must be a layer of bread crumbs both at the bottom and at the top of the dish. Mother

### CAKE SYLLABUB

Half fill a glass bowl with thin slices of almond or sponge cake. Pour on sufficient white wine to dissolve the cake. Then rub off on pieces of loaf sugar the rind of 2 lemons and dissolve the sugar in 1 pt. cream. Squeeze the juice of the lemons on some powdered loaf sugar and add it gradually to the cream. Whip or mill the cream to a stiff froth and then pile it on the dissolved cake in the glass bowl. It should be heaped high above the edge of the bowl. D. B. C.

### TRIFLE

1 pt. cream, 2 wineglasses wine, sugar to your taste. Churn and take off the froth into a sieve. Have some sponge cake and jelly in a glass dish and just before serving, pile the froth upon it. Maria Stillé

### OMELETTE SOUFFLÉ 1

The whites of 10 eggs, 2 tablespoonsful of sifted white sugar,  $\frac{1}{2}$  a teaspoonful of orange flower water. Beat the whites of the eggs very stiff; put a layer of sweetmeats round the bottom of the dish, leaving the center clear. Bake it 20 minutes in a very slow oven. Mother C.

### TOUS LES MOIS

1 qt. milk, 3 tablespoonsful of the powder. Sweeten the milk and flavor with vanilla, stir in the powder, after mixing it smooth in a little milk. Let it boil once and pour it into moulds. To be eaten cold.

### FLOATING ISLAND

2 large tablespoonsful of jelly to the whites of 5 eggs. Beat the whites until very stiff (about 20 minutes), and then add the jelly gradually, but do not stop beating the eggs. If you wish any sugar added, put it into the cream. Minnie

### CYNDERLINES 1

(Another further on)

Take 1 pt. milk, 3 eggs, beat up with as much flour (about 1 pt.) as will make a thin batter. Butter your teacups and fill them about  $\frac{3}{4}$  full. Bake them in a quick oven. Add a pinch of salt and a teaspoonful soda dissolved in  $\frac{1}{2}$  teacup of thick milk or cream. Beat whites of eggs very stiff. Add them and soda when just ready for the oven and stir in lightly.

### CHARLOTTE RUSSE 1

$\frac{1}{2}$  pt. milk, 3 yolks of eggs,  $\frac{1}{2}$  lb. sugar, 1 vanilla bean, 1 oz. isinglass, 1 qt. cream. Make a custard of the eggs and milk. Dissolve the isinglass in a little less than 1 pt. of water and add it to the hot custard. Beat the cream to a froth and pour it into the custard when it is a little cool and about as thick as jelly. Line a dish with sponge cake or lady fingers, and pour the mixture in warm. Cover it with cake and put it in ice to harden. Turn it out and serve when cold. Miss Fox

### CHARLOTTE RUSSE 2

1 qt. cream,  $\frac{1}{2}$  pt. milk, 1 vanilla bean, yolks 4 eggs,  $\frac{1}{4}$  lb. sugar, 1 oz. gelatin. Boil the vanilla in the milk, stir in the sugar with the eggs beaten light. Simmer it over the fire five minutes. It must not boil. Let it cool. Boil the gelatin in 1 pt. of water until reduced one half. When cool, stir it into the custard. Line a mould with lady fingers and pour in the mixture cool, but before it congeals. Pack it in ice for several hours. Mill the cream and when the mixture is cool, pour it into it, but add it before you pour it into the moulds. D. B. C.

### CALVES FEET JELLY 1

Put 2 sets of feet well cleaned into a stew pan with 6 qts. water and let them boil gently until reduced to 2 qts. Then take out the feet, skim off the fat, and clear the jelly from the sediment. Beat the whites of 5 eggs to a froth and add 1 pt. of Maderia wine and squeeze in the juice of 3 lemons. When your stock is boiling take 3 tablespoonsful of it and stir it into your wine and eggs and add a little more and keep stirring it all the time to prevent its curdling. Then add a little more stock and keep stirring it and then put it into a pan and sweeten it to your taste with loaf sugar. A glass of brandy will keep the jelly from turning blue in frosty weather. Put in the rind of 2 lemons and let it boil one minute all together, and then pour it into your bag and let it run into a pan and keep pouring it gently into the bag until it runs clear.

Mrs. Clapier

### CALVES FEET JELLY 2

Take 8 feet and boil then in 8 qts. water for 5 hours. Strain them and let them stand over night. Then put them into a kettle with the whites of 7 eggs, the juice of 7 lemons,  $\frac{3}{4}$  lb. sugar and  $1\frac{1}{2}$  pts. wine and let it boil 20 minutes. Then add 1 cup cold water and let it boil up, and then another cup, and then take it off and strain it through a muslin bag.

### CALVES FEET JELLY 3

11 sheets Cooper's isinglass, 2 lbs. sugar, 1 pt. wine, 6 lemons, whites of 6 eggs. Boil the isinglass in 2 qts. water. Beat the eggs light. Use the shells. Boil 10 minutes.

Mrs. G. W. Norris

### LEMON ICE CREAM 1

3 qts. milk, 1 qt. cream, 5 lemons,  $2\frac{1}{2}$  lbs. sugar,  $\frac{1}{4}$  lb. of flour or arrow-root. Beat the cream to a froth. Boil the milk. Mix the flour smooth with cold milk and pour it into the boiled milk, stirring all the time. Grate the peel of 4 lemons and pour on it some cold milk and let it stand several hours. Add as much sugar as the juice will dissolve. Put the remainder in the hot milk. Mix all well together when cold.

Mrs. G. W. Norris

### FOUR QUARTS ICE CREAM 2

2 qts. cream, 1 qt. milk, 2 lbs. sugar, 3 vanilla beans, 6 eggs beaten with  $\frac{1}{2}$  a teacupful of cream. Boil the vanilla in the milk and then strain it into the eggs, beating it all the time. Add the sugar to the cream. Freeze it and when of equal consistency it should be left.

### STRAWBERRY WATER ICE

Take some ripe strawberries and put them into a linen bag and squeeze the juice out. Then measure it and to each pint of juice allow  $\frac{1}{2}$  a pound of powdered loaf sugar. Then having mixed the juice and the sugar well together, freeze it. Raspberry and currant ice may be made in the same way.

### BLANCMANGE

Put  $\frac{3}{4}$  oz. isinglass over the embers with  $\frac{1}{2}$  pt. milk and a piece of vanilla bean. When nearly dissolved, add 1 qt. cream, 1 doz. bitter and 1 doz. sweet almonds blanched and pounded. Boil 20 minutes, add  $\frac{1}{2}$  lb. white sugar. Pour into moulds previously wet with rose water.

### JUNKET

Wash a calf's rennet, and when dried, cut it in pieces and put them into a bottle of Madeira wine, allowing room to shake it. It can be used in a few days. Put 3 tablespoonsful of this liquor in 1 qt. tepid milk sweetened with white sugar and flavored with vanilla, nutmeg, rose water or anything you like, and stir it well. Put into a cold place. It can be used in one hour.

### FRITTERS

Beat up the yolks of 6 eggs and stir them into 1 qt. milk. Mix this gradually with 1 qt. flour and just before you fry them, beat up the whites and add. Drop it by spoonful into boiling lard and take out when brown. You can put with them some apples or lemons sliced as thin as paper if to your taste.

### A HEN'S NEST FOR A SUPPER TABLE

Take Bantam's eggs the smallest you can get. Make a hole in one end and empty them and fill with blancmange. When they are stiff and cold take off the shells by dipping them into hot water and cracking them all over. Pare the yellow rind of 6 lemons very thin, boil them in water till tender, cut them in thin strips to resemble straws and preserve them in sugar. Fill a small dip dish half full of jelly. When it is hard, lay the straws on it in the form of a nest and lay the eggs in it. Mrs. Markoe

### OMELET SOUFFLE 2

Take the whites of six eggs and the yolks of 4 and beat separately into a froth. Add to the yolks a small teacupful of fine powdered sugar and 1 tablespoonful orange flower water or any

flavor you like. Butter a dish (like a soup plate) add the whites to the rest and bake about 10 minutes in rather a quick oven. Let the dish be of tin. Serve the moment it comes out or it will fall.

Mrs. Camac

### CHOCOLATE CREAM 2

Get Hension's No. 3 vanilla chocolate. Put 1 oz. into 8 ozs. of white sugar, 8 yolks of eggs and 1 pt. cream. Grate the chocolate very fine and mix all well together. Set a bowl upside down in the dish in which it is to be served up and place the rest upon it. Set the dish into a pan of boiling water as you would custard, bake on the stove (not in the oven)  $\frac{1}{2}$  an hour. Set it away until cold. Then take out the bowl and fill up the hollow with cream (that has been churned as for Trifle and put into a sieve, etc.) Ornament with lady fingers cut in two and placed in a row round the the chocolate.

Mrs. Camac

### JELLY WITH GELATIN

Pour 1 pt. cold water on 1 box gelatin, the juice of 2 lemons, and the rind of one and let it stand 1 hour. Then add  $1\frac{1}{2}$  pts. boiling water, 1 pt. wine and 2 lbs. loaf sugar. Stir until dissolved and then strain into moulds. If not clear, put the whites and shells of 3 eggs into it and boil 3 or 4 minutes and the jelly will become clear.

Mrs. Markoe

### JELLY

Boil 3 sets calves feet very slowly in 9 qts. water until reduced  $\frac{1}{2}$  which will take about 7 hours. Strain the liquor through a colander. Set the liquor aside until the next day or until perfectly cold. Then take off every particle of fat, turn the jelly upside down and cut off all the sediment at the bottom of it. Put it into a preserving pan and for every qt. of jelly, add  $\frac{3}{4}$  lb. white sugar,  $\frac{3}{4}$  pt. wine, 4 lemons leaving out the rind of 2 and the whites and shells of 4 eggs. (It should be measured when first strained.) The wine should be of a light color. Let all boil for 10 minutes, take off the scum as it rises and then run it through a jelly strainer. If you do not own one, run it through a double flannel bag, the inner one made shorter than the other, and sloped to a point at one end. It can be tied to 2 chairs. It must not be made of new flannel or it will be greasy and the bag should only be used for this purpose. This, if not boiled more than 10 minutes will make from 4 to 5 qts. of jelly. The lemons are to be squeezed and the juice strained and the rinds which are used, pared thin.

Mrs. Markoe

### VANILLA CREAM

1 pt. cream or rich milk,  $\frac{1}{4}$  lb. powdered sugar, and 5 yolks. Put the cream to boil with  $\frac{1}{2}$  a vanilla bean, beat the yolks well by themselves and then with the sugar. When the cream begins to boil, stir in gradually the yolks and sugar until it thickens and continue to stir it for a few minutes after taking it off the fire. Pour into cups or else over sponge cake or lady fingers.

### CHOCOLATE CUSTARD

Boil 1 qt. milk with a piece of vanilla bean and stir in  $\frac{1}{4}$  lb. chocolate grated fine and mixed smooth in a little cold milk. Give it a boil up after adding the chocolate. Beat up the yolks of 5 eggs and add a little cold milk with them (or it will curdle) and pour them in quickly and stir all well until the whole thickens. Then sweeten to your taste.

Mrs. Wharton

### CREME MERINGUE

Beat up 5 yolks with  $\frac{1}{4}$  lb. powdered sugar, add 1 pt. cream, and the rind of  $\frac{1}{2}$  a lemon grated. Put it into a deep dish, and set it in boiling water and stir until like thick cream. Cool it and when cold beat the 5 whites very stiff with sugar and put it on the cream. Hold a hot iron over to harden the whites a little.

Mrs. Camac

### FLOAT MADE WITH APPLES

Stew some apples (not sweet ones) very dry and let them become perfectly cold. Beat up the whites of 3 eggs and 3 table-spoonsful of powdered sugar and when quite stiff, add 3 table-spoonsful of the apples, a little at a time. Beat until the whole is stiff and white. If to your taste, grate some nutmeg over it, put 1 pt. milk or cream in a deep dish and the Apple Float in a pyramid in the middle.

### TRIFLE

Put  $\frac{1}{2}$  lb. stale Queen cakes at the bottom of a dish, break them up a little and saturate with an equal quantity of wine and water (about 1 wineglassful of each.) Spread 1 pt. made custard over it, cover it with a layer of citron cut thin, grate over it the rind of 1 lemon and  $\frac{1}{2}$  the juice and then sprinkle over it 2 table-spoonsful powdered sugar. Put 1 pt. cream in a bowl, churn it with a tin churn and skim off the froth as it rises and put over the other ingredients until the dish is heaped full.

### BAKED CUSTARDS

Boil 1 qt. new milk with  $\frac{1}{2}$  a vanilla bean, add  $\frac{1}{2}$  lb. white sugar and when the boiling heat is over, put to it the yolks of 12 eggs beaten light. Pour all into the cups, set them into a pan of boiling water, and bake them, but not too fast, or they will look spongy.

### RICE CUPS

Put on 3 pts. milk to boil, mix up  $\frac{1}{2}$  lb. ground rice and 4 heaped tablespoonsful powdered sugar in 1 pt. cold milk. Beat 12 bitter and 24 sweet almonds in a little rose water or lemon juice, mix with the rice and stir by degrees into the milk while it is boiling. Boil the whole ten minutes, stirring all the time and when thick, put into cups until cold. Turn out and serve with cream.

### ICE CREAM (LEMON)

To 1 qt. of good cream, add 1 qt. of new milk, 4 lemons and as much loaf sugar as will make the mixture very sweet, as the sugar loses its taste by freezing. Rub the rind of 2 lemons on some of the sugar. After the cream begins to freeze, it should be well beaten as it makes the ice better. Instead of the lemons you can take 2 large pineapples scraped very fine with a silver spoon, or two large vanilla beans previously scraped and boiled in the new milk with about 1 lb. of loaf sugar, or 1 pt. currant juice can be used and will be found very good. Miss Fox

### COFFEE ICE CREAM

Roast 2 gills of coffee until it is a nice light brown and not one grain burnt. Put it hot, without grinding, into 1 qt. new milk and let it boil, then add the yolks of 8 eggs and when mixed, strain it through a sieve, and make it very sweet before straining. If you use cream, it does not require as many eggs.

Mrs. G. W. Norris

### CALVES FEET JELLY

Boil 1 set of feet in 4 qts. of water until the feet are broken and the water  $\frac{1}{2}$  wasted. Then strain it off and pour it out and when cold, skim off all the fat. Next day, put the jelly, free from all fat, into a sauce pan with the whites and shells of 4 eggs well beaten; the juice of 5 lemons, and some peel, 1 pt. white wine and 1 lb. of sugar. Set it over the fire and boil it 20 minutes after it begins to boil. Then pour it into a flannel bag, first dipping it into hot water and squeezing it dry. Pour back what first runs off until it runs perfectly clear.

### FRENCH CHEESE

Take sour milk, and pack it in a perforated mould so as to let all the whey run off; fill it up several times and keep a weight upon it. Serve with cream and sugar.

Mrs. De Wolf

### COX'S SPARKLING GELATIN JELLY

Take one box and pour over it 1 pt. cold water in a deep bowl. Cut the thin rind of 2 or 3 good lemons. Let it stand one hour. Then add  $1\frac{1}{2}$  pts. boiling water, (2 pts. in very cold weather), 1 qt. powdered sugar, 1 pt. wine, and the juice of the lemons. Strain through a fine sieve into a pitcher and let it settle for a few minutes before pouring into your moulds.

Mrs. De Wolf

### FRENCH PUFFS

Take 1 pt. new milk, boil half of it and mix the other  $\frac{1}{2}$  of it very smoothly with 4 heaped spoonful of flour; then add it to the boiling milk, and boil until it is a stiff paste. When cold, take the yolks of 5 eggs, the whites of 2, a tablespoonful of sifted sugar and beat the whole into a light batter in a marble mortar; then drop it from a spoon into boiling lard, fry a light brown and serve with sifted sugar over each.

### CYNDERLINES

1 pt. milk, a pinch of salt, a teaspoonful of soda dissolved in  $\frac{1}{2}$  teacupful of *thick* milk or cream, 3 eggs and beat the whites by themselves very stiff, and add flour (about 1 pt.) to be a thin batter, not as stiff as for fritters. Grease your teacups well with butter and fill only  $\frac{1}{2}$  full. Do not add your soda, nor the whites of the eggs, until you are ready to put them into the oven and then do not beat your batter but mix it lightly in. Have a quick oven and do not put them in until you are ready to dish the dinner, as they are quickly done.

D. B. C.

### LEMON WATER ICE

Take all your lemons and grate off the rind (thinly) of each. Pour boiling water upon it and let it stand a few minutes. Then strain it and add to the lemon juice. Allow about 2 tumblersful of cold water to each lemon squeezed. Make it very sweet as it loses its sweetness in freezing.

Mrs. C.

## INVALID DISHES

### BEEF TEA

Put 1 lb. beef free from fat in rather more than 1 pt. of water. When it comes to a full boil cut it into small pieces and throw it back into the same water with some mace. Let it boil a few minutes and add salt, and it is ready for use. If well done, it will be quite clear.

Dr. Kuhn

### BEEF TEA

Take 1 or 2 lbs. beef without fat cut from the round or veiny piece. Cut it in pieces about  $\frac{1}{2}$  an inch in size. Put it in a jar and put the jar into a vessel of boiling water and boil  $\frac{1}{2}$  an hour. Add a little salt and a blade of mace. You will find about a teacupful of liquor in the jar, which must be strained off, and 1 or 2 dessertspoonsful given every hour. It is the most nourishing food for the sick and is intended for weak persons who have little appetite.

Dr. Hewson

### OYSTER SOUP

Put six fresh oysters without any of the liquor, into a tumblerful of water. Boil it down to  $\frac{2}{3}$  of the quantity, (about 10 or 15 minutes) and then add a small piece of butter, a few whole black peppers and a little salt.

Mother C.

### BEEF SOUP

Cut into thin slices 2 lbs. of lean beef, simmer it 8 hours in 3 pts. of water and add when half done, 1 carrot split and cut up fine, 1 turnip, salt to taste, and a little pepper and 1 onion if the invalid can bear it. Strain it, let it stand to settle and then pour it off clear.

Mother C.

### VEGETABLE SOUP

2 turnips, 3 potatoes, and  $\frac{1}{2}$  an onion and  $\frac{1}{2}$  pk. celery. If the vegetables are large, take a smaller quantity. Cut all up fine and put them with some salt in 1 qt. water and boil 3 hours and strain.

Dr. Physick

### OYSTER BROTH

Boil 1 doz. oysters in their own liquor with a little mace. Strain it and add a few crumbs of bread.

### PARTRIDGE TEA

Boil one partridge in  $1\frac{1}{2}$  pts. water, with a little salt. Boil it until you have but 1 pint left.

Dr. Chapman

### CHICKEN BROTH

Take  $\frac{1}{2}$  or  $\frac{1}{4}$  of a chicken according to the size. Take off all the skin and fat and wash it clean and cut it in small pieces. Put it on to boil in 1 pt. water with a small sprig of parsley and 1 blade of mace and boil it down one half. Then strain it through a towel dipped in cold water to prevent the fat from pressing through. Then add salt to the taste.

### EGG AND MILK

Beat up one egg (only the yolk) sweeten to taste and add a little Madeira wine; pour upon it a breakfast cup of boiling milk. Mix all well together and pour the whites on top. If to your taste, grate some nutmeg on the top.

D. B. C.

### RICE WATER

Put 1 tablespoonful of rice well washed into 3 half pints of cold water and let it simmer until it becomes a pulp, then strain through a sieve and sweeten. It may be flavored by boiling a piece of vanilla in it or else by adding a little orange flower water after it is boiled.

### APPLE WATER

Cut 4 apples in slices (not sweet ones), pour 1 pt. boiling water over them. When cold, strain and sweeten.

### GUM ARABIC WATER

Pour  $1\frac{1}{2}$  pt. boiling water on 1 oz. Gum Arabic, pounded fine and 1 oz. rock candy. When dissolved, strain it and add as much lemon juice as will make it agreeable. It is pleasant and nourishing.

### ALMOND WATER

Pour 1 pt. boiling water on 40 almonds which have been blanched and pounded to a paste with a little rose water. Let it cool and sweeten with loaf sugar.

Dr. Hewson

### BARLEY WATER

Put  $\frac{1}{4}$  lb. barley into 2 qts. water. When it begins to boil, throw the water out. Then put it into fresh water, skim it as it boils and let it boil away one half. Then strain and sweeten and add a little wine or if not permitted, boil a few raisins in it.

### TAMARIND WATER

Pour some boiling water on some Tamarinds and when cold, strain and sweeten.

### TOAST

When milk cannot be obtained good or the stomach will not bear it, toast a thin slice of bread brown, put a bit of butter into a little boiling water, dip the toast in and skim off the butter and put over it.

Mrs. Service

### ARROW-ROOT

Boil  $\frac{1}{2}$  a vanilla bean and a stick of cinnamon in 1 pt. of milk. Leave out 3 tablespoonsful which is to be mixed cold with 1 full dessertspoon of the best Bermuda arrow-root. When mixed quite smooth, pour it gradually into the boiling milk and *stir all the time*. Take it off in one minute, take out the bean and cinnamon and sweeten with white sugar. It may be made with water instead of milk and flavored with lemon, wine or spice as the patient's situation may require.

### TAPIOCA

Wash 3 dessertspoonsful of tapioca, put it into  $1\frac{1}{2}$  pts. cold water with  $\frac{1}{2}$  a vanilla bean and 1 small teaspoonful ground cinnamon. Stir until it boils and let it boil until it jellies (about 1 hour). When cold, season with sugar, lemon juice and nutmeg. The flavoring must be according to taste.

### SAGO

Soak 1 large tablespoonful of sago in water 1 hour and then pour off the liquor. Put the sago into 1 pt. fresh water and boil  $1\frac{1}{2}$  hours. Flavor with the juice of  $\frac{1}{2}$  a lemon, nutmeg and sugar and 1 tablespoonful of wine if permitted.

### ALMOND MILK

Dissolve 1 oz. Gum Arabic in 1 pt. boiling water and let it cool. Take 40 almonds, blanch them in hot water and throw them as you blanch them into cold water. Take 5 of these at a time with a bit of loaf sugar and pound them well; the mortar being first well washed with lye and rinsed. Mix the paste with 2 tablespoonsful of Gum Arabic water and strain it through clear muslin. This is sufficient for the invalid to take at once and it is best made fresh.

Dr. Physick

### WINE WHEY

Take 2 wineglasses of milk and when it comes to a boil, throw in a wineglass of Sherry or Madeira wine. It will curdle, then strain it through a fine sieve and let it cool.

### INDIAN MEAL GRUEL

Mix one tablespoonful of Indian meal with a little water until quite smooth. Stir it into 1 teacup of boiling water. Let it boil a few minutes and sweeten.

Mrs. G. M. Wharton

### OAT MEAL GRUEL

Take a tablespoonful (heaped) of the best oatmeal and mix it smooth in a little cold water. Stir it well into 1 qt. boiling water. Put in some salt and raisins, which have been stoned and let it boil moderately  $\frac{3}{4}$  of an hour. Sweeten and if to your taste, add grated nutmeg.

Instead of raisins  $\frac{1}{2}$  the peel of a fresh lemon or  $\frac{1}{2}$  a vanilla bean may be boiled in it. Some like a little wine added after the gruel is made and others a little cream. It is very delicate with vanilla and cream and no other flavoring.

# CAKES

## SPONGE CAKE

The weight of 6 eggs in flour and of 12 in sugar. Take 12 eggs and beat the whites and yolks separately. Beat the yolks and sugar together and when light, add the rind and juice of a lemon. Add the whites when beaten stiff and just as the cake is to be put in the oven add the flour sifted.

Fanny Minnie Lavanno

## SPONGE CAKE

8 eggs, the weight of 8 in sugar and half their weight in flour, the juice of 2 lemons and the peel grated in the sugar. Beat the yolks and whites separately. Add half the sugar to the whites when light, then the yolks and the rest of the sugar. Stir the flour in gently. It must not be beaten. Bake about  $\frac{3}{4}$  of an hour.

Mrs. W. W. Fisher

## PEPPER NUTS

1 lb. sugar,  $\frac{1}{2}$  lb. butter, 4 eggs, the juice and grated rind of 1 lemon, 3 tincups flour, 1 teaspoonful of saleratus dissolved in a cup of cream. Work your butter to a cream and add the sugar by degrees, then 1 egg at a time and after all the eggs are in put in your lemon. Work in 2 tincups of flour before adding the saleratus. Then let them stand in a cold place until the next day.

(Next couple lines torn so that only a couple words can be deciphered.)

## GINGER POUND CAKE

1 lb. butter, 4 teacups sugar,  $\frac{1}{2}$  lb. ginger, 3 teacups flour, 4 teacups molasses, 14 eggs, 1 teaspoonful of saleratus and 1 tablespoon of mixed spices. Cream the butter and sugar and then stir in the molasses; dissolve the saleratus in a cup of warm milk and add it. Then the ginger and spices and the yolks of the eggs. Then add the flour and the whites of the eggs beaten stiff, alternately. Bake in rather a quick oven.

H. N.

## GINGER POUND CAKE

1 cup of molasses, 1 cup of sugar, 1 cup of butter, 1 cup of cream, 4 eggs, 1 lb. raisins, stoned, 1 lb. currants,  $\frac{1}{4}$  lb. citron and spice to your taste; 2 tablespoonsful ginger and 1 teaspoonful of saleratus. Bake it about one hour. If put in a tin box, it will keep some time.

Lizzie Norris

### LOAF GINGER BREAD

2 lbs. flour, 1 lb. butter,  $\frac{1}{4}$  lb. ginger, 1 qt. molasses, 8 eggs, 1 . . . of brandy, 1 lemon, 36 cloves, 68 allspice,  $\frac{1}{2}$  lb. sugar.

The same recipe will answer for hard ginger bread made stiff and 4 teaspoonsful of saleratus. Add the molasses and when all is well mixed . . . .

### BOSTON GINGER BREAD

$1\frac{1}{4}$  lbs. sugar, 1 lb. butter, 1 cup ginger, 3 eggs, 1 teaspoonful saleratus and flour enough to make it stiff. Roll thin and cut in cakes.

### RICH SUGAR GINGER BREAD

2 lbs. flour,  $1\frac{1}{2}$  lbs. sugar,  $1\frac{1}{4}$  lb. butter, 9 eggs, 1 teacup ginger, 1 glass of brandy and 1 glass of wine. Flavor with lemon. Spread very thin on tin plates or sheets and when half baked, sprinkle with fine sugar.

### SOFT GINGER BREAD

1 cup butter, 1 of sugar, 3 of molasses, 5 or 6 of flour, 4 eggs, a teaspoonful of pearl ash dissolved in a cup of milk and spice to your taste. Mother C.

### SOFT GINGER BREAD

1 cup of butter, 1 of cream, 1 of sugar, 1 of molasses, 3 of flour, 7 eggs, spice to your taste, and 1 teaspoonful of saleratus dissolved in sour cream or vinegar. Alice

### JUMBLES

$\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 2 eggs, 9 oz. flour, a little nutmeg.

### MONMOUTH CUP CAKES

2 teacups of sugar and mix it with 1 lb. butter. Take 4 eggs beaten very light, and 6 cups of flour and mix them by degrees with the butter and sugar. Add two cups of molasses and 2 of milk and dissolve in some of the milk a full teaspoonful of saleratus. Mix in 2 tablespoonful of ginger and 1 of cloves and 1 of cinnamon and a teaspoonful of allspice and a little mace and a small portion of brandy. Let it stand to rise  $\frac{1}{2}$  an hour. Grease your pans well and bake then as Queen cakes. Mother C.

### LOAF CAKE

2 $\frac{3}{4}$  lbs. flour, 1 $\frac{3}{4}$  lbs. sugar, 1 $\frac{1}{4}$  lbs. butter, 1 $\frac{1}{2}$  lbs. currants and raisins mixed, 1 pt. of milk or cream, 1 teaspoonful saleratus and a little nutmeg or mace. Bake slowly in bread pans.

### SEED CAKE

1 $\frac{1}{2}$  lbs. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  pt. cream,  $\frac{3}{4}$  lb. sugar and 1 teaspoonful of saleratus dissolved in the cream and 1 tablespoonful of carraway seed.

Mrs. Reppele

### DOVER CAKE OR SPANISH BUNS

$\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 1 lb. flour, six eggs, 1 gill cream, 1 small glass brandy and rose water mixed and a . . . spoonful mixed spices;  $\frac{1}{2}$  lb. currants if to the taste; half a yeast powder. Mix it in separate cups, half of water and pour in just as the cake is ready to bake in sheet iron pans and fill only half full.

Aunt Sergeant

### LEMON CAKE

3 large lemons, 10 eggs, 1 lb. powdered sugar, 1 lb. butter, 14 ozs. sifted flour. Rub the lemon peel on a piece of loaf sugar. Beat the butter and sugar to a cream and the grated rind and juice of the lemon. Stir the flour . . . with the butter and sugar and eggs. No spice nor liquor. Fill small pans almost full and bake in a brisk oven a considerable time. For orange cakes, use 4 large oranges.

### A CAKE

8 eggs well beaten, 1 $\frac{1}{4}$  lbs. flour,  $\frac{3}{4}$  lb. sugar, 1 lb. butter, 1 lb. raisins, 1 lb. currants,  $\frac{3}{4}$  lb. citron, 1 cup cream, 1 cup molasses, 1 nutmeg, 1 teaspoonful (small) of cloves, one of allspice and 1 of saleratus, dissolved in a glass of vinegar.

Miss Pepper

### GERMAN CAKE

1 lb. flour, 1 lb. sugar, 1 lb. almonds,  $\frac{1}{2}$  lb. citron, 8 eggs, nutmeg, 1 wineglass brandy. Bake in shallow pans. When done, cut in narrow strips, turn each piece on the other side and bake until brown.

### GERMAN CAKE

10 eggs, 1 lb. sugar, 1 lb. butter, 1 lb. potatoe flour and 1 tea-cup of brandy. Stir the butter to a cream and then add 1 egg well beaten, then 2 more without the whites, and then stir in the 7 well beaten. Then take a little flour, and then a little sugar, and add gradually, beating all the time until all is in. Lastly stir in the white of an egg well beaten and the brandy. Then grease a pound cake dish and bake immediately.

(The first line of this recipe torn off.)

3 lbs. butter, 3 lbs. sugar, 3 lbs. flour, 30 eggs, 6 lbs. of currants, 6 lbs. raisins, 1 lb. citron,  $\frac{1}{2}$  pt. of brandy, 1 oz. mace, 1 oz. cinnamon, 1 oz. nutmeg. Flour the fruit. Beat the butter and sugar to a cream. Chop half the raisins fine.

### BLACK CAKE

1 lb. flour, 1 lb. sugar, 1 lb. butter, 10 eggs, 2 lbs. raisins, 3 lbs. currants, 1 lb. citron, 2 nutmegs, cloves, allspice, cinnamon, and a little mace,  $\frac{1}{2}$  tumbler of brandy, 2 wineglasses of wine and 2 of rose water.

Mrs. Clapier

### LADY CAKE

Whites 8 eggs, 6 oz. sifted flour,  $\frac{1}{2}$  lb. powdered sugar, and 5 ozs. butter,  $1\frac{1}{2}$  ozs. of a few sweet and the rest bitter almonds, 1 wineglass rose water. Beat the butter and sugar to a cream and grate the almonds one by one and mix them with the rose water, then throw them in the butter and sugar, and alternately the eggs and flour. Beat the whole very hard. Bake it for 2 hours in a moderate oven. The eggs may be beaten to a stiff froth, and the almonds blanched.

(The first few lines of this recipe torn off.)

$1\frac{3}{4}$  lbs. flour . . . .,  $1\frac{1}{2}$  lbs. sugar, . . . . 10 eggs, 1 glass brandy, 1 nutmeg, 12 cloves, . . . . currants, 1 lb. raisins, 1 teaspoonful pearl ash dissolved in the brandy.

### WASHINGTON CAKE

2 lbs. flour,  $1\frac{1}{2}$  lbs. sugar, 12 eggs, 2 lbs. raisins, 2 lbs. currants,  $\frac{1}{4}$  lb. citron, 1 nutmeg, grated, cloves, allspice, cinnamon and mace; 1 glass of brandy, 1 lb. butter and 1 teaspoonful saleratus dissolved in a cup of sour cream.

D. B. C.

### BUENA VISTA CAKE

1 lb. flour,  $\frac{3}{4}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 5 eggs. Rub the sugar, butter and flour together and add the eggs when well beaten and also 1 nutmeg and 1 glass of rose water and brandy mixed; citron and currants according to your judgment. When the cake is finished, just before going into the oven, add a yeast powder, dissolving the acid in a small portion of water and the other in  $\frac{1}{2}$  cup of milk.

### ALMOND NUTS

$\frac{1}{2}$  lb. butter, 1 lb. sugar, 8 eggs, 1 wineglass of rose water, 1 of wine and 1 of brandy, a little cinnamon and as much flour as will make a stiff dough.

### DOUGHNUTS

6 lbs. flour,  $\frac{3}{4}$  lb. butter,  $1\frac{1}{2}$  lbs. sugar, 7 eggs, 1 teacup of yeast, and spice to taste. Roll the sugar and flour together, beat the eggs, and add warm milk, enough to wet the flour. Then let them rise.

### DOUGHNUTS WITHOUT YEAST

1 cup butter, 3 cups flour, 2 cups sugar, 3 eggs, and spice to taste. Fry in lard.

### GERMAN DOUGHNUTS

Rub  $\frac{1}{2}$  lb. butter in 2 lbs. flour, add them together with 1 lb. sugar, beat and drop in 5 eggs a large teaspoonful of saleratus in a wineglass of brandy, essence of lemon and spice to your taste. Add as much milk as will stiffen it. Roll it out  $\frac{1}{2}$  an inch thick, boil them in lard and turn them often in boiling.

### CRULLERS

4 lbs. flour,  $1\frac{1}{4}$  lbs. sugar, 1 lb. butter, 16 eggs, 3 tablespoonsful of rose water. Make into dough, which roll into rolls about the thickness of your thumb. Twist or tie them into any shape you please. Boil them in lard as you would doughnuts.

Mrs. Clapier

### WAFERS

Take 1 qt. milk or water and flour enough to make a stiff batter, a tablespoonful of butter and some salt. Heat the iron and grease it and put into it as much as the iron will hold and bake it.

Fanny Minus

### WAFERS

1 lb. butter, 1 lb. sugar,  $1\frac{1}{4}$  lbs. flour, 8 eggs,  $\frac{1}{2}$  cup of cinnamon. The butter and the sugar must be rubbed together and mix the rest like pound cake.

### ALMOND CAKE

1 lb. sugar,  $\frac{1}{2}$  lb. flour, 10 eggs, 2 ozs. bitter almonds, blanched, 1 glass of rose water. To be baked  $1\frac{1}{4}$  hours.

### ALMOND CAKE

9 eggs,  $\frac{3}{4}$  lb. sugar, 6 ozs. flour, 2 ozs. bitter almonds, 4 ozs. sweet almonds, 1 wineglass of rose water.

### RAILROAD

Take 5 pints flour, 3 pts. sugar, 1 pt. milk,  $\frac{3}{4}$  lb. butter, 1 teaspoonful saleratus, cinnamon, nutmeg, ginger and carraway seed, of each a tablespoonful.

### SWEETMEAT BISCUIT

Pound the rind of a candied lemon in a marble mortar and 2 spoonsful of apricot or quince preserve (or any other kind of preserve), 3 ozs. of sugar and the yolks of 4 eggs. Mix all well together and rub through a hair sieve with a spoon. Beat the whites to a froth and add to the rest. Put the biscuit on white paper and sprinkle some fine sugar over them and bake them.  
Mrs. Brown

### JUMBLES

1 lb. butter,  $\frac{3}{4}$  lb. sugar, 1 cup good cream, 4 eggs,  $\frac{1}{2}$  teaspoonful soda, a little nutmeg and  $\frac{1}{4}$  of a wineglassful rose water; flour to make a good dough, perhaps  $1\frac{1}{2}$  lbs. Roll in sugar and flour. Work it up with a knife.  
Mrs. Camp

### JELLY CAKE

1 lb. sand sugar, 1 lb. butter,  $\frac{3}{4}$  lb. flour, 10 eggs beaten separately,  $\frac{1}{2}$  nutmeg,  $\frac{1}{2}$  teaspoonful of cinnamon,  $\frac{1}{8}$  teaspoonful of soda mixed with flour. Beat sugar, and spice and butter, and then add yolks, then flour and whites.  
Mrs. Camp

### HARD GINGERBREAD

3 qts. flour, 1 lb. butter, 1 lb. brown sugar, cinnamon, cloves, allspice and ginger, about two tablespoonsful of each ground, and the same amount of orange peel, pounded and sifted. Mix with molasses until the proper consistency to roll out. Do not flour your board as it takes from the richness of the cake.

### SCOTCH CAKES

$\frac{3}{4}$  lb. flour, 3 ozs. butter, 3 oz. lump sugar, Sal Ammonia about the size of hazel nut. Warm the butter in a little milk, and mix the whole into a thick paste. Cut into squares and bake in a cool oven.

### RICE CAKE

9 eggs, their weight in sugar (fine) and the weight of . . . . in ground rice. Grate the rind and juice of 2 lemons in the sugar. Beat the whites and yolks separately. Mix the rice and eggs and beat them well. Bake in a pan in a moderate oven.

### RICE CAKE

1 lb. ground rice,  $\frac{1}{2}$  lb. sugar, 6 eggs, leaving out the whites of two. Beat  $\frac{1}{2}$  an hour. Flavor with lemon if you wish it. Let it stand  $\frac{1}{2}$  an hour before baking.

### JUMBLES

$1\frac{1}{2}$  lbs. flour,  $\frac{1}{2}$  lb. butter, 1 lb. sugar, and 6 eggs. Rub the butter well in the flour, then beat your eggs and sugar and mix all together. Add a little rose water and any spice you please and roll them out in fine sugar.

### JUMBLES

1 lb. flour,  $\frac{3}{4}$  lb. sugar,  $\frac{3}{4}$  lb. butter, 4 eggs and some spice to suit your taste. Roll them out in fine sugar.

Mrs. Goodfellow

### SAND TARTS

2 lbs. flour, 2 lbs. sugar,  $1\frac{1}{2}$  lbs. butter and 3 eggs. Rub the flour and sugar together. Roll and cut and sprinkle cinnamon and sugar over them. Bake in small tins. Scatter blanched almonds over them before baking.

Mrs. G. W. Norris

### FEDERAL CAKE

Yolks of 4 eggs, 2 spoonsful of butter, 1 qt. flour, 1 pt. milk,  $\frac{1}{2}$  pt. yeast. Sugar and spice to your taste.

### PEGGY MILLERS

1 lb. flour,  $\frac{1}{4}$  lb. butter, 1 lb. brown sugar, yolks of 3 eggs, (the grated peel of 2 lemons, or a grated nutmeg) and add enough milk to knead well. Roll thin and bake lightly; 1 teaspoonful of soda.  
D. B. C.

### MIRACLES OR WONDERS

2 qts. flour,  $\frac{3}{4}$  lb. sugar,  $\frac{1}{2}$  lb. butter, 4 eggs, and some cinnamon and rose water. Roll into a thin paste, cut out the cakes and fry them in lard.

### BREAD

Put the bread in sponge with milk, warm water, sour milk, or milk and water. When very light, make it into soft dough and let it rise in a dough-trough. Then put it into pans and let it rise a second time. When light, bake it.

The more the bread is worked, the better. Potatoes mashed fine and mixed with milk are an improvement.

If the weather is warm and the milk very sour, add saleratus when the bread is made up.

In summer the rising should always be made fresh. In winter, it keeps a week.

To make the yeast, scald a handful of hops in a quart of water. Boil it until the strength is extracted. Strain it thoroughly and pour it boiling hot into 1 pt. of flour. Add 5 or 6 potatoes boiled and mashed fine. Stir it well. When nearly cold, add 2 teaspoonsful of good yeast or rising. Let it stand over night and it is fit for use. A pint is enough for 3 loaves of bread.

### BREAD

Take your flour and make a little hole in it and stir in 1 pt. milk, warm water until it is a good thick batter, and also add a tablespoonful of brewers' yeast. Let it rise all night. Take next morning, 1 quart of milk and warm it, and add a little salt, and mix it with what has raised and add as much flour as will make it very stiff. Knead it well until it comes off clear from the hands, about  $\frac{1}{2}$  an hour. Then let it rise again and make it into loaves. Warm and grease your pans and put in your dough and cover it up warmly. In about an hour it will be ready to bake. When your fire is nearly burnt down in the stove, put in your bread and it will take  $\frac{3}{4}$  of an hour or 1 hour to bake. This is for 2 loaves.  
Kitty Moss

### WAFER BISCUIT

1 qt. flour,  $\frac{1}{4}$  lb. butter, 1 dessertspoonful salt. Mix these ingredients well together, and then stir in as much milk or cream as will make the paste about the consistency of bread dough (about  $\frac{1}{2}$  pt.) Beat for  $\frac{1}{2}$  an hour on your doughboard with a rolling pin, and then divide into small pieces and roll out as thinly as possible and bake lightly.

Mrs. Etting

### MILK BISCUIT

2 lbs. flour (sifted), 2 eggs,  $\frac{1}{2}$  lb. butter, 6 wineglasses of milk, and 2 of the best brewers' yeast, or 3 of home made yeast. Cut the butter into the milk and warm it slightly near the fire. Sift the flour into a pan and pour the milk and butter upon it. Beat and add the eggs, and lastly the yeast. Mix all well together with a knife. Flour the pastry board and knead the dough very hard. Then cut it into small pieces and knead it into balls. Stick the top with a fork. Lay them in buttered pans to rise for about 4 hours. Bake in a moderate oven.

### MILK BISCUIT

$\frac{1}{2}$  lb. butter, 1 egg beaten light,  $\frac{3}{4}$  lb. flour,  $\frac{1}{2}$  pt. milk,  $\frac{1}{2}$  wineglass yeast, a pinch of salt and  $\frac{1}{4}$  lb. flour to make them with.

Mrs. Clapier

### MILK BISCUIT

1 qt. milk, 6 ozs. butter,  $\frac{1}{2}$  pt. good home made yeast, and flour enough to make it into a stiff batter. Let them stand until raised light, then knead them with sifted flour and when risen the second time, cut them and put them into the pans, and let them stand until light enough to bake. The butter and milk must be warmed together. Salt to your taste.

### MILK BISCUIT

1 qt. milk, about 3 pts. flour, and set them to rise with 1 pt. bakers' yeast or 1 teacupful of home made yeast. Mix them at 11 o'clock A. M. if you wish them for tea. Mix with them  $\frac{1}{4}$  lb. butter and 1 handful of salt. Work them up in about 2 hours (and if the yeast is not very good, add 1 teaspoonful of soda). Work them up again about 5 o'clock, as the more they are worked, the better. Roll them out in a sheet and cut them with an egg glass; set them in the pans by the fire at least 10 minutes and bake about 20 minutes.

Mrs. Wharton

### SALERATUS CAKES

Put 1 small teaspoonful of saleratus into 1 pt. sour cream or milk, and let it stand about 15 minutes. Then mix a little salt in  $1\frac{1}{2}$  pts. flour, and mix it well with the cream and add a piece of butter the size of an egg. Roll as thin as paste and cut out and bake as short cakes.

Mrs. Camac

### BUCKWHEAT CAKES WITH YEAST POWDERS

Take 3 pts. buckwheat meal and 1 tablespoon salt, 1 teaspoonful wheat flour, 3 pts. water, and 1 yeast powder, the contents of *each* paper dissolved in  $1\frac{1}{2}$  gills of water. Put the contents of the papers into the different cups with the water on them. When you are ready to bake the cakes, add the contents of 1 cup and mix it well in the batter and then add the other and mix it well in also. Then bake immediately.

Mrs. Markoe

### BUCKWHEAT CAKES

Take about 2 qts. buckwheat meal and 3 pts. lukewarm water and  $\frac{1}{2}$  a teaspoonful of salt, and 2 tablespoonsful of good home made yeast, (less of brewers' yeast.) Cover them and let them stand all night in a warm place. Bake the next morning.

Sally Yost

### INDIAN CAKES

Take 1 spoonful wheat flour, and  $1\frac{1}{2}$  pts. of corn meal. Melt 1 tablespoonful of butter and stir it in and add a little salt and about  $\frac{1}{2}$  pt. water, and the yolks of 2 eggs. Beat the 2 whites until light and when you are ready to bake the cakes, add them and  $\frac{1}{4}$  spoonful saleratus dissolved in a little buttermilk or sour cream. Do not stir the batter after adding the whites, but work it up and down with a spoon.

Sally Yost

### INDIAN CAKES

Boil 1 qt. milk and  $\frac{1}{4}$  lb. butter together and pour it over 1 pt. Indian meal and add a little salt. Let it stand 2 or 3 hours and then add the yolks of 6 eggs, 3 whites and 5 even table-spoons of wheat flour. Add milk if too stiff and then bake.

Mrs. Markoe

### INDIAN PONE

Nearly 1 qt. sifted Indian meal, 1 pt. milk, some salt,  $\frac{1}{4}$  lb. butter and 3 eggs. Mix all together and bake in a pan.

Mrs. Wharton

## MARYLAND BISCUIT

To 3 pts. flour add 2 spoonsful of lard with a little salt. Mix with as much milk as will form a stiff paste. Work or beat it well until it becomes soft and then form it into little rolls. Flatten them as thin as you choose with a rolling pin, prick with a fork and bake in a quick oven. If you beat the biscuit enough they will be good.

## SODA CAKES

2 pts. sifted flour, 1 pt. milk,  $\frac{1}{8}$  lb. butter, 2 teaspoonsful cream of tartar and 1 of soda, and a little salt. Mix the butter and flour and then add the other ingredients. Add the soda last dissolved with the cream of tartar in a little milk and then mixed with all the milk. Roll out like thin paste, cut with the top of a wineglass. Put two together and bake about 10 minutes as soon as you can after they are mixed.

Mrs. Wharton

## WAFFLES

Dissolve  $\frac{1}{2}$  lb. butter in 1 qt. new milk. Mix it with 1 qt. flour, add 6 eggs beaten light and a little salt. Grease the iron with butter after each baking. Mix 1 tablespoonful of cinnamon to 2 of powdered sugar and sift over each waffle after it is buttered.

Mrs. Markoe

## MUFFINS

Take 1 lb. flour,  $\frac{1}{2}$  pt. milk, 1 tablespoonful butter, 3 eggs, 2 tablespoonsful of cream of tartar, 1 teaspoonful soda, and a little salt.

Mother C.

## MUFFINS

Take 3 pts. milk, 4 eggs, 1 gill of yeast,  $\frac{1}{4}$  lb. butter, 1 teacupful rice flour; batter not very stiff and well beaten, and the milk made warm enough to dissolve the butter.

## RICE CAKES

Take 1 teacupful of rice, and put it to soak the night before. Boil it the next morning until it becomes soft. Then take 2 teacups of flour and 3 eggs, a teaspoonful of saleratus and mix in thick milk or sour cream until you think the batter thick enough. It should be as thick as for corn cakes. Then bake them on a griddle.

Alice

### RICE WAFFLES

Boil 1 cup of rice until it becomes quite soft, whilst warm, add to it a tablespoonful of butter, 4 eggs, 1 pt. of milk, and enough flour to thicken it. Then bake.

Mother C.

### CINNAMON TOAST

Cut some bread in slices, not too thick and dip them into a mixture of egg, milk and sugar, in the proportions of custards, but do not cook it. Then fry them in butter and put over them, while hot, and before serving them on a dish, some powdered cinnamon.

N. York

### ANCHOVY TOAST

Bone and skin 6 or 8 anchovies, pound them into a mass with 1 oz. of butter until the color looks equal. Spread it on nicely buttered toast.

Mrs. Camac

### INDIAN LOAF CAKE

Mix 1 teacupful of powdered white sugar, with 1 qt. rich milk, and cut up in the milk 2 oz. of butter, adding a saltspoonful of salt. Put this mixture into a covered pan or skillet and set it on coals until it is scalding hot. Then take it off and scald with it as much sifted Indian meal as will make it of the consistency of thick boiled mush. Beat the whole for  $\frac{1}{4}$  of an hour very hard, and then set it away to cool. While it is cooling, beat 3 eggs very light and stir them gradually into the mixture when it is about as warm as new milk. Add a teacupful of good strong yeast and beat the whole another quarter of an hour as much of the goodness of the cake depends upon its being long and well beaten. Butter the pan well, put in the mixture, cover it, and set it into a warm place to rise. It should be light in about 4 hours. Then bake it in a moderate oven. When done, turn it out and send it to the table hot and whole. If wanted for breakfast, set it to rise the night before. If properly made, standing all night will not injure it.

Mrs. Clapier

### INDIAN BREAD

Beat 2 eggs very light, mix alternately with them 1 pt. sour milk or buttermilk and 1 pt. fine Indian meal. Melt 1 tablespoonful of butter and add to the mixture. Then dissolve 1 tablespoonful of soda or saleratus in a small portion of the milk and add the last thing before baking. Beat in a pan and bake in a quick oven.

## NEW YORK CAKES

1½ lbs. flour, ½ lb. butter, ¾ lb. sugar. Rub the butter and flour well together, then add the sugar and 1 tablespoonful of caraway seed; 3 gills of warm milk with 1 tablespoonful of saleratus dissolved in it. Work the dough well and roll it as thick as possible.

## POTATOE CAKES

Boil 4 large potatoes and when cold grate them as fine as possible. Add 1 qt. milk, a small piece of butter and enough flour to mix all together, and 1 teacupful of yeast. Set them to rise about 9 o'clock. When risen roll them out, cover them closely and bake about 15 minutes.

## A SALLY LUNN

Sift into a pan 1½ lbs. flour. Make a hole in the middle and put in 2 ozs. butter warmed in 1 pt. milk, a saltspoonful of salt, 3 well beaten eggs, and 2 tablespoonsful of the best *fresh yeast*. Mix the flour well with the other ingredients and put the whole into a tin pan well buttered. Cover it and set it in a warm place and when *quite light*, bake it in a moderate oven. Send it to table hot and eat it with butter.

## ROLLS

If you wish them for tea, set them to rise about 12 o'clock. Take ¼ lb. butter, about 1 or 1½ pts. of new milk and mix them together. Set on the range until warm. Then add ½ a teacupful of home made yeast, and a little salt. Put all into a dish and add flour and do not make it as stiff as bread dough. Then let it rise until tea time, and then roll it out and bake about 15 minutes with a quick fire.

## RUSKS

Take 1 pt. warm fresh milk, and 1 tablespoonful yeast, and mix enough flour to make it a good batter (not too thick). After it rises, take 1 pt. sweet warm milk, a little salt, 1 or 2 tablespoonsful sugar, ½ a nutmeg, ¼ lb. butter, and 1 egg. Mix into a dough not as stiff as bread, and let it rise. When well risen, let it tumble out on a rolling board and roll it lightly, and cut them out with a tumbler and lay them on a warm greased pan to rise. Then beat the yolk of an egg and some sugar together and paint the top of each cake.

Kitty

### VIRGINIA CORN BREAD

Dissolve 1 tablespoonful of butter in  $3\frac{1}{2}$  pts. boiling milk. Into this, scald 1 qt. Indian meal and when cool, add  $\frac{1}{2}$  pt. wheat flour, a little sugar, 1 teaspoonful salt, and 2 eggs beaten well together. Bake in 2 cake tins well buttered.

### ST. CHARLES HOTEL N. O. INDIAN BREAD

Beat 2 eggs very light and mix them with 1 pt. sour milk. Then add 1 teaspoonful of soda or saleratus and stir in slowly 1 pt. of Indian meal and 1 tablespoonful of melted butter. Beat all these well together. Bake in a common cake pan in a quick oven.

### BANNOCKS

Scald one quart of Indian meal, and then add milk enough to make a thick batter. Then put in a little salt, a teacupful of flour, and  $\frac{1}{8}$  of a teaspoonful of soda or saleratus. The batter must be dropped in boiling lard, the same as doughnuts.

Mrs. De Wolf

### CORN BREAD

1 lb. corn meal, 1 tablespoonful butter, 2 eggs, 2 teaspoonsful of cream tartar, and 1 of soda, and mix with milk to be a thick batter. Mix the cream of tartar with the meal; mix soda in a little milk and do not add it until you are ready to pour it into the pan to bake. Grease your pans well.

### WISCONSIN CAKES 1

Take 2 teacups unbolted flour and 1 cup white wheat flour sifted, 2 eggs, and 1 pt. cold milk; beat the eggs and mix the whole well together, adding a little salt. Have the pans quite hot before pouring in the mixture, putting a small piece of butter in each. Bake 15 or 20 minutes.

### INDIAN PONE

3 cups Indian meal (sifted),  $\frac{1}{2}$  cup flour, 2 cups sour milk, 1 cup sweet milk,  $\frac{1}{2}$  cup of molasses or sugar, 2 eggs, 1 teaspoonful soda.

Mrs. Benedict

### CORN WISCONSIN CAKES 2

1 qt. milk, 8 eggs,  $1\frac{1}{2}$  pts. wheat flour, 1 handful corn meal, a piece of butter the size of a walnut. The eggs must be beaten well and the whites by themselves. Mix the flour and corn meal with the milk, add the butter melted, then the yolks, and just when you are ready to bake the cakes, add the whites beaten stiff.

## VEGETABLES

### POTATOES MASHED

Pare them and put them on in boiling water and let them boil 15 minutes, not too fast or they will break. Take them out, and pour all the water off, and immediately whilst very hot, begin to mash them with a masher and continue to do so until very smooth. Add a piece of butter the size of an egg for 13 potatoes (large ones) and then take a woden spoon or fork and do not stir, but beat them as eggs, adding as you beat them a small teacupful of milk. Put the vessel containing them upon the stove and continue to beat them until light and white.

Mrs. Camac

### SPINACH

Cut off all the stalks and if the leaves are large, cut out the veins also. After washing the leaves, put them with 2 table-spoonsful of salt, into a vessel, and cover them with boiling water. Keep them well under the water and leave them uncovered. Boil  $\frac{1}{4}$  of an hour and then put them into a colander, and as the hot water runs off, pour cold upon them to preserve the color. Press them until not a drop of water remains, and then put them on a board and chop as fine as possible. Mix black pepper with them as you chop. Then put all into a sauce pan with 1 gill cream, and  $\frac{1}{8}$  oz. or  $\frac{1}{4}$  lb. butter (according to the quantity). Stew nearly 1 hour and serve very hot.

### PEAS

Put several salad leaves that have been dipped in water in the bottom of a vessel. Wash the peas and lay them on the leaves. Put  $\frac{1}{8}$  lb. butter to  $\frac{1}{2}$  a peck. Cover them up (without water) and stew  $\frac{1}{2}$  an hour.

### PEAS—FRENCH STYLE

To  $\frac{3}{4}$  peck young peas, 1 tablespoon sweet lard, and  $\frac{1}{4}$  of an onion. Put in a bag and let them simmer 2 or 3 hours. After dishing, season it with pepper and salt, a lump of butter, 1 table-spoon white sugar.

N.B.—Peas cooked by the first recipe are said to be much improved by being boiled with a spear of mint in the bag with them.

Mrs. Camac

### TURNIPS

Pare, and cut them, and boil them in a good deal of water nearly  $\frac{1}{2}$  an hour. Drain them, mash them thoroughly and put in a pot to dry. Mix a piece of butter with them  $\frac{1}{4}$  hour before dinner and a little milk or cream.

## HOMINY

Soak all night. Early the next morning, put it on to boil in boiling water and add water as often as you find it to be necessary. Put in some salt before you take it off and when done, stir in a little butter. It must first be well washed in 2 or 3 waters.

## OKRA

Slice them like cucumbers and stew until dissolved, then add a few tomatoes, a piece of pork, (half boiled) on a piece of bacon and season with pepper, salt and a little butter. Let all stew well together.

Mrs. G. M. Wharton

## EGG PLANT (STUFFED)

Cut the plant in two, the oblong way, and put the pieces into a vessel of boiling water and let them boil until you feel the middle, with a knife, to be soft. Scoop out the inside and chop it fine and season it with pepper, salt, thyme, parsley and a little onion. You can add a little anchovy if you like the taste. Grate some bread fine and have ready some small bits of butter. Put into the shells alternately, a layer of the plant, and a layer of bread crumbs, and bits of butter, until the shells are full. Then bake slowly one hour.

## TOMATOES

Scald and skin them, and with your hands squeeze out the seeds and a part of the liquor leaving enough to stew them in. Stew them (without water) 4 hours and cook with them 1 onion and some pepper and salt. Take out the onion before serving and then add  $\frac{1}{8}$  lb. butter rolled in flour (1 tablespoonful) and add 2 tablespoonsful brown sugar to 1 peck of tomatoes.

## EGG PLANT (FRIED)

Pare and cut the egg plant in thin slices 2 or 3 hours before you wish to cook it. Pile the slices one over the other and sprinkle a little salt between each slice. Throw away the liquor that drains from them and to a large egg plant that will make 12 slices, take 2 eggs and  $\frac{1}{4}$  lb. lard. Beat up the eggs and dip each slice in on both sides, and then cover it thickly with bread crumbs which have been browned and rolled, and sifted. Put as many slices into the pan as will lie single and a part of the lard and fry until a fork runs easily through them (5 or 6 minutes). Take the slices out, put them on a dish, and take out the crumbs which may have fallen into the pan, or they will burn the next slices. Add a little more lard and a few more slices and so on until all are done. They must be watched and turned often or they will burn.

Julie

### COLD SLAW

Warm 1 gill vinegar with a piece of butter as large as a walnut. Stir in it the yolks of 2 eggs which have been beaten; 3 tablespoonsful of cream. Do not let it boil after the egg is added. Add salt and pepper and pour over the sliced cabbages at least  $\frac{1}{2}$  an hour before dinner.

Beets cut up cold are very good mixed with it.

(The first few lines of the following recipe missing.)  
pour over the cabbage. The cabbage must not be cut by machine, but with a knife in slices  $\frac{1}{4}$  inch thick at least, and one inch long. It should not be allowed to boil, but just to come to the boiling point so as to make the dressing thick.

### TO COOK PEAS

Shell the peas at night, and put them into cold water, into which you have thrown a handful of salt. Pour off the water in the morning, and put them into boiling water. Let them stew 35 minutes and then add  $\frac{1}{2}$  cupful sweet cream, a small piece of butter, and 1 tablespoonful of flour. Stew 5 minutes longer and send it at once to the table very hot.

## EGGS, CHEESE, ETC.

### EGG OMELET

8 yolks, a piece of butter, 4 whites, 2 saltspoonsful salt, 1 ditto of pepper, a dessertspoonful of onion and 1 of ham chopped fine (if to your taste), and a tablespoonful of parsley cut up fine. Beat all up a little. Put  $\frac{1}{4}$  lb. butter in a small frying pan and when it hisses add the egg, etc. and stir all round until it begins to thicken. Then tilt the pan and keep pushing the omelet down into half the bottom of the pan, loosening it from the bottom with a knife. From 3 to 5 minutes will be enough to cook it. Then put a hot plate over the pan and turn the omelet over into it without doubling.

### TO COOK EGGS

Put into a spider not quite as much butter as for frying eggs the ordinary way. While it is heating, break the eggs into a plate, and when the butter is hot, slip the eggs into the spider evenly, not all on one side, or the grease will slip from under them and cause them to stick to the spider. Sprinkle them with pepper, and salt, pour in nearly a teacupful of hot water, cover them quickly with a close fitting lid, let them steam 3 or 4 minutes when they will be found nicely whitened over the top like poached eggs, and much more palatable than when cooked without the butter.

D. B. C.

## MISCELLANEOUS RECIPES

### TO FINE CIDER

To 1 barrel cider take 1 oz. best isinglass pounded and ravelled out into shreds. Mix with cider enough to dissolve and stir frequently for 2 or 3 days until it has the appearance of thin jelly. Then strain through a sieve, pour it in the bung, and stir it up. A better way is to draw off the cider and put it into an empty cask, into which the fining has been previously put as by this means the sediment is left and insensibly fermentation prevented, and the fining more immediately mixed with the liquor. It should be clear in 10 days and should then be drawn off and bottled tightly. The fining should be done in cold clear weather.

Mrs. Markoe

### FINING FOR A PIPE OF MADEIRA WINE

To  $\frac{1}{2}$  oz. isinglass add 1 qt. wine which must be put into a stone jar before the fire for 12 hours (not simmer), when it will be formed into a jelly, which must be well beaten with 1 gallon of the *same* wine and then put into the cask. Stir up the wine well with a short stick so as not to disturb the lees. The wine can be drawn off about a month afterwards.

From the House of Blackburn and Co., London

### SOAP

$\frac{3}{4}$  lb. borax to 1 lb. soap, melted without boiling makes a saving of  $\frac{1}{2}$  in the cost of the soap and  $\frac{3}{4}$  of the labor in washing. It improves the whiteness of the fabrics and the usual caustic effect is removed.

### TO DRY PEAS FOR WINTER

Take some young green peas and put them in a bag in boiling water, and boil them about 5 minutes. Then take them out of the bag and let them dry. Put them on a wooden frame covered with muslin in a bake oven that is not too hot and let them dry slowly. Lima beans can be done in the same way.

It is said that *chestnuts* can be kept sound if mixed with some walnuts.

### PATE DE GUIMAUVE

1 lb. of selected Gum Arabic, 1 lb. white sugar, 2 ozs. orange flower water, and the whites of 6 eggs. Dissolve the Gum Arabic (broken into small pieces), in about 10 ozs. water (20 table-spoonsful). Strain the solution through linen and pour it into a copper pan for boiling. Then add the sugar and when it is of the consistency of honey, add the whites of the eggs beaten very light. Stir the compound well when it boils with a wooden spatula. When it becomes so thick as not to adhere to the spoon when you touch it, pour it out upon powdered sugar. The fire must not be too quick.

Sarah C. Drayton

### MRS. WIGMORE'S MOLASSES CANDY

One quart of West India molasses,  $\frac{1}{2}$  lb. brown sugar, the juice of a large lemon. Mix the molasses and sugar together. Butter the inside of a skillet, put in the mixture and boil it over a moderate fire for 3 hours. Then add the lemon and boil another  $\frac{1}{2}$  hour. Stir it frequently and be careful that it does not burn. When it is thoroughly done, it will cease of itself to boil. When done, butter a square dish and pour the mixture into it to cool. If sufficiently boiled it will be crisp and brittle when cold, but if not boiled enough, it will be tough and ropy. If you prefer it with ground nuts, blanch  $\frac{1}{2}$  lb. that have been roasted and shelled and stir them into the mixture after it has boiled 3 hours.

Alex. Dawson

### EVERTON TAFFY 1

Mix 1 lb. sugar,  $\frac{1}{4}$  lb. molasses,  $\frac{1}{2}$  lb. butter with the rind of half a lemon. Boil all over a slow fire one hour, and pour upon tins well buttered.

### EVERTON TAFFY 2

$\frac{1}{4}$  lb. butter, 1 lb. brown sugar, just before done, flavor. Stir well in shallow pan 15 or 20 minutes, then pour off into shallow well buttered dish, and when nearly cold, draw a knife across and make it into squares.

### TO COLOR EGGS

Take some narrow colored ribbons and with them bind the eggs completely round; then after having properly secured the end of the ribbons, boil the same for about ten minutes and your object will be effected. If the eggs are afterwards varnished, it will add much to their beauty.

### A POT POURRI

If properly made, it will form a beautiful perfume, though it takes some months to complete. Begin whilst the violets are in bloom, as they add much to its excellence. Get a china jar 4 or 6 inches deep with a cover. Prepare layers of Demask and other sweet scented rose leaves and buds, also layers of orange flowers, jasmine, lavender, clove, pinks, sweet scented stocks, marjoram, orange-mint, lemon-thyme, balm of Gilead and rosemary. Have some orris-root sliced, and the outer part of the rind of Seville oranges. Have also a few cloves reduced to powder, and small quantities of benjamin, storax and musk and some bay salt all in fine powder. Mix the powders and salt well together; then put a layer of leaves, as you collect them, into your jar, sprinkling each layer with a portion of the powder and so proceed until your jar is nearly full. Stir all together now and then, press firmly down and cover close. When the cover is taken off in a warm room, an agreeable scent will be diffused.

### TO MAKE HARD TALLOW CANDLES

Dissolve 2 lbs. alum in hot water; render it into 10 lbs. tallow and it will make candles to burn as spermaceti.

### TO COPY FERNS

The most perfect and beautiful copies imaginable of ferns, etc. may be made by thoroughly saturating them in common porter, and then laying them first between white sheets of paper without more pressure than the leaves of a book bear to each other, and let them dry out.

### TO FREEZE ICE CREAM

Break almost to powder a few pounds of ice, and throw in amongst it  $1\frac{1}{2}$  large handfuls of salt. You must prepare it in the coolest part of the house; the ice and salt being in the bucket, put in your cream and be sure that it is covered on all sides with the ice. In a few moments put a spoon in and stir it well and remove the parts that ice round the edges to the center; if the cream be in a mould, shut the bottom tight and move the whole in the ice as you cannot use a spoon to it.

### SKELETON LEAVES

*Soft leaves like maple.* Place in water and let them stay in until the green is decayed enough to be pushed, or gently pounded out, (not rubbed) with a bristle brush, or pulled off with a pair fine forceps.

*Hard leaves like Ivy.* Boil in water with a bit of common brown soap, say 2 hours and treat as above. Bleach with Labarague's solution of chloride of soda; one part of the solution to 20 parts of water. The bleaching will be done in 2 or 4 hours. Lay the leaves in clean water, take up and float on a glass and dry upon a towel, then between blotting paper and mould with your fingers as they dry. Stramonium seed vessels and all other seed pods are prepared in the same way.

### TO KEEP STRING BEANS

Fill a jar part full of young string beans, then place a weight on them and then fill up the jar with strong salt and water. When you wish to use them, take them out and soak them over night in cold water, and then cook them the next day the same as if they were fresh.

### TO KEEP HONEY

Heat the honey (strained) to the boiling point, and store it in self sealing jars. To prevent all danger of burning, set the vessel of honey in another one of water.

### CHICKEN CROQUETTES

Melt some butter in stew pan, and put to it chopped parsley, salt, pepper, nutmeg, and 2 spoonfuls of flour. Fry it and pour into it stock and a little cream. It should be the consistency of thick milk. Cut or rather chop up the cold poultry, and add now to the sauce and let it get cold. Then shape them and roll them well in grated brown crumbs, dip them in egg and then again into crumbs. Fry them a good even brown color. D. B. C.

### ENCAUSTIC FOR FLOORS

Place on the fire a pot containing 3 quarts of water, in which you will allow to be melted 500 grammes (18 ozs.) yellow wax, previously cut into small pieces, and also 125 grammes (4½ ozs.) of Castile soap, and 100 grammes (3½ ozs.) of white potash. Diminish or increase these proportions according to the quantity of the preparation you desire. When all the mixture has dissolved, and the substances seem to be thoroughly mixed together, (without reaching the boiling point) remove the pot from the fire and stir the preparation until it is entirely cold. To make use of this composition, spread a thin layer on the floor with a paint brush and allow it to dry before rubbing it in. From time to time wax should be rubbed in strongly on the floor and polished well with a scrubbing brush bound round the foot or the hand to facilitate the operation. Robt. Coleman

## VARNISH FOR FURNITURE

Melt in a copper pan 250 grammes of pure yellow wax (9 ozs.) cut into small pieces. As soon as it boils add little by little while stirring the mixture, 500 grammes (18 ozs.) of essence of turpentine previously made tepid. Withdraw the pot from the stove, and after having poured the mixture into an earthen pot, continue to stir it until completely cold. To use it, spread a small quantity on the wood of the furniture with a woolen rag and rub it well in with a piece of flannel. You can procure the appearance of a brilliant varnish by adding two grammes ( ) of litharge in a powder to the wax and when melted, this mixture stirred constantly and exposed to a moderate heat will soon take a brown color. It should then be allowed to cool. The next day remove the deposit left by the litharge at the bottom of the mixture, and add to it the essence of turpentine in the proportions above mentioned.

Robt. Coleman

## WHITE MT. CAKE

1 cup butter, 3 sugar, and cream it well together. Add  $\frac{1}{2}$  cup sweet milk and dissolve in it 1 teaspoonful cream of tartar;  $3\frac{1}{2}$  cups flour and put into it  $\frac{1}{2}$  teaspoonful soda; whites 10 eggs beaten very light and a little lemon essence. Put the eggs in before the flour, and add the flour the last of all the ingredients. Put the batter into jelly cake pans and when perfectly cold lay together with *icing made thus*: The whites of 3 eggs, 1 lb. pulverized sugar. Beat the eggs very light and add the sugar and a little vanilla. Spread between each layer and when as large as you wish it, ice it on the top and sides, and if to your taste, grate some cocoanut over the layers and top.

In Sept. 1856, made tomato ketchup. I had 9 qts. skinned tomatoes, about 2 qts. vinegar, 8 tablespoonsful salt, 8 of black pepper, 1 small spoonful allspice, 6 tablespoonsful mustard and a good many red and green peppers. I mixed the ingredients all together the night before. It was put on early in the morning and it began to boil about  $\frac{1}{2}$  past 7 o'clock. I took it off and strained it before dinner and had enough for seven bottles.

Alice makes the cement for her bottles with some beeswax and tallow melted together and thickened with fine brick dust.

I put up 6 doz. cans tomatoes.

I put up 4 doz. cans tomatoes and okra.

I put up 36 quarts tomatoes for ketchup.

## STARCHING BOSOMS AND COLLARS

A "Jersey Farmer's Daughter" sends to the Agriculturist the following directions: Pour a pint of boiling water upon two ounces of gum arabic, cover it and let it stand overnight; in the morning pour it carefully from the dregs into a clean bottle, cork it and keep it for future use. A tablespoonful of . . . gum arabic water stirred in a pint of starch made in the usual manner will give to lawns, either white or printed, a look of newness, when nothing else can restore them after they have been washed. . . . every pint of starch, add a piece of butter, lard, tallow or spermaceti candle the size of a chestnut.

## DRYING GREEN CORN—GOOD METHOD

"Housekeeper" sends to the American Agriculturist her method of preserving green sweet corn, which she says is always successful. (We have for a long time satisfactorily practiced a similar method both with sweet corn and the common sorts): "Gather the corn while still soft; simply scald it on the ears, not boiling it soft; cut it off with a knife; spread it on plates, and dry quickly in the sun when hot, and by the fire or in an oven, at night, and when the sun is not shining warm. It sours quickly, and therefore, needs rapid drying, but too high heat spoils it. Keep in a bag in a dry place. The secret of having it good when cooked, is to soak it overnight, and boil it well in the same water. It is then almost as good, at any time of the year, as when first gathered. Add no more water in boiling, than will cook away, but avoid the least scorching. Any common corn may be treated in the same way, but is improved by adding a little sugar when cooking. Season with salt, and milk and butter boiled in, the same as for green peas or beans. Cream is still better."

# COOK BOOK

Second Volume



## A NEW AND DELICIOUS DESSERT

A grateful and nutritious Diet.—Throw sugar upon strawberries, sliced pineapples or other fruit; use the thin syrup which soon forms to flavor and sweeten a quart of milk; add a little cream and a dessertspoonful of Hubbell's Liquid Rennet; pour instantly into claret glasses. In ten minutes you have a most fascinating jelly, luscious as a dessert and as wholesome as it is agreeable. Pint bottles of Liquid Rennet of exquisite flavor for 100 quarts of milk, 50 cents. Half pints 25 cents. Made only by Hubbell Apothecary, No. 1410 Chestnut St. jel. rp.

JOSEPH HEAD'S  
(Late Proprietor of the celebrated "Mansion House,")

### Recipe

For Cooking a Virginia Ham.

Given by him to Joseph K. Eyre

Soak in luke warm water for two days, changing the water twice; then simmer—never boil, until it is properly done, which a good cook will easily perceive. The rind should then be taken carefully off, and the ham placed in a position to drain for half an hour. When drained, place it on a waiter, take a half pound of brown sugar and rub it all over and well into the ham, top, bottom and ends; then heat two iron pokers red hot and burn the sugar well and smoothly in, and set it by until you wish to use at table. The reason for using two pokers is, that no intermission may occur while burning the sugar, caused by the cooling of one iron.

If carefully done the ham will have the appearance of having the original rind upon it, nicely glazed, and is a dish fit for a prince.

## SOUPS

A small piece of ham improves all soups, and all ought to be strained and only put out what you would desire to be in the tureen.

### OYSTER SOUP

Take 50 oysters. Take them out of their liquor and wash them in warm water. Put them in  $\frac{1}{2}$  pint of their own liquor, strained with two whole onions and  $\frac{1}{2}$  teaspoonful of ground mace and cayenne pepper, and salt to your taste. Boil slowly for  $\frac{1}{4}$  of an hour, then add one pint of cream and one quart of milk and let it boil up. Cut up some parsley fine and tie up a little bunch of sweet marjoram and lay it in the tureen and pour the soup upon it.

H. More

### OKRA SOUP

Wash the okra and skin them. Put them in boiling water with two or three sliced onions, a few tomatoes, parsley and thyme with fowl, beef or veal, one or all, and let it boil gently two hours. Add less than one pound of parboiled salt pork and after boiling another hour, it will be done. The soup is good without fresh meat. A green pepper is an excellent addition to the seasoning. Lima beans and sweet potatoes add to the flavor. By epicures it is eaten cold.

Mrs. Chas. Rubin

### CORN SOUP

Take nine ears of corn (young ones are best), cut off the corn, break the cobs in half, wash them and put them into about two quarts of water. Boil steady for an hour or so, then put in the corn and boil ten minutes. Then add half a pint of cream. Take half a quarter of a pound of butter, rubbed in two tablespoonsful of brown flour while it is boiling, to thicken it. Season to taste.

### CORN FRITTERS

Grate your ears of corn. Take a tablespoonful of flour, one egg, two tablespoonsful of cream, pepper and salt to taste. Lard must be boiling hot. Put out in spoon as with doughnuts. Beat egg very light.

### BOUILLI BEEF

Wash a rump of beef well, and tie it up. Put it into a pot, and nearly fill it with water, a handful of salt, 5 carrots, 5 turnips, 3 onions, some celery, 2 bunches potherb, 3 tablespoonsful tomato soy, a tablespoonful whole allspice, a full teaspoonful mace, a tablespoonful sweet marjoram, 5 cloves and pepper. Put it on at 7 if you dine at 3. As soon as it boils, set it off the fire so as to simmer as slowly as possible. About  $\frac{1}{2}$  hour before dinner take out the gravy, strain and skim all the fat off, thicken it with flour, give it a boil, take it off, add to it  $\frac{1}{2}$  a teacupful of capers, a little of the caper vinegar, and pour it over the beef when ready for the table. H. M.

### PRESSED BEEF

Take 2 briskets, or plate pieces of corned beef, boil them very well; pull out the bones, (which can easily be done while hot), then fold the two pieces laid one over the other in a clean cloth; put it between two smooth boards, and place a stone on it till cold. H. M.

### BEEF OLIVES

Cover thin slices of beef with a stuffing made of breadcrumbs, beef, fat, onions, cloves, herbs, pepper and salt. Roll them up like sausage, put them in water, and let them simmer several hours. Add a little vinegar to the gravy.

### MRS. HELMUTH'S BEEF STEW

Take 3 pounds of beef, the first cut of the round,  $\frac{1}{4}$  peck of tomatoes,  $\frac{1}{2}$  quarter of ochras, 5 cucumbers, 5 onions, pepper and salt. Stew all five hours, and add a little vinegar.

### TO COLLAR CALF'S HEAD

Bone the head; wash it well; season it with pepper, salt, cloves, mace, sage and sweet herbs; roll it up as tight as possible; put a string round it and boil it. When cold, cut it in slices.

### TO ROAST MUTTON LIKE VENISON

Take a fat leg of mutton; cut it like venison; rub it with salt petre; hang it up in a moist place two days; wipe it two or three times a day, then put it in a pan, and having boiled a  $\frac{1}{4}$  oz. of allspice in a quart of red wine, pour it boiling hot over the mutton; cover it; close it two hours. Take it out, and roast it; baste it constantly with the same liquor and butter. An hour and a half will cook it.

## STEWED MUTTON

Take a neck of mutton; divide the bones, let them lie till the blood has run out. In the meantime, make an iron pot tolerably warm, and rub it round with a nice piece of dripping the size of an egg; put the meat into the pot, cook it until it becomes brown, shaking it gently to prevent it from burning, then take it out, skim the fat off the liquor which the meat was browned in, season it with pepper, salt, thyme, and a little parsley. Add a few onions nicely prepared with 6 cloves, lay in the meat. Dust it with flour, add boiling water enough to make plenty of gravy. Let it stew very gently till tender, perhaps two hours. Add a tablespoonful of caper when serving up. H. M.

## PIG FEET SOUSED

After the feet are cleaned, boil them until tender. Then boil as much water with salt, vinegar, allspice and pepper as will cover them. When both are cold, put the feet into a jar, and pour the pickle over and keep them for use, when they must be fried in a batter of eggs and lard.

## MRS. T. BIDDLE'S RECIPE FOR CROQUETTES

A cold chicken minced fine, two sweetbreads parboiled and minced; season with salt, a little mace, pepper and a good deal of chopped parsley. Wet the whole with cream or milk, sufficiently to make it into a paste. Shape them with a jelly glass, cover the little forms with egg and crumbs of bread. Fry them quick to a light brown.

## ANOTHER RECIPE FOR CROQUETTES

A cold fowl, or slice of ham fat and lean, 25 oysters a little boiled. Mince them all as fine as possible. To 3 cupsful of this mixture, add one of boiled bread and milk, a little parsley and onion chopped very fine, the juice of a lemon, the rind grated, a teaspoonful of made mustard and a piece of butter the size of a walnut. Knead all together until it resembles sausage meat. Shape them in a wine or jelly glass. Dip them in egg and bread crumbs, and fry a light brown.

## TERRAPINS

Put them into boiling water, and boil them till the shell can be easily separated from the meat. Take off the head, tail, shell, nails, and the skin from the claws. Take out the gall and sand-bag, and cut the remainder in pieces, chopping the strings small. Being thus prepared for the dressing, take  $\frac{1}{2}$  dozen middle

sized terrapins, or 2 quarts of meat,  $\frac{1}{2}$  pound of butter cut small, a small pint of wine,  $\frac{1}{2}$  a pickled pepper cut up fine, pepper and salt. This dressing may be put on at any time. Just before they are to be eaten, put them over the fire with this dressing, and when warm stir into them  $\frac{1}{8}$  pound of butter rolled in 2 teaspoonsful of flour. Let them stew 10 minutes and serve them up, over a heater to keep them hot.

Jones' Recipe (for same).

To 1 large terrapin, 1 boiled egg, 1 glass of wine,  $\frac{1}{4}$  pound of butter. Boil them first  $\frac{3}{4}$  of an hour.

### MINCED HASH

Chop the meat and with it an onion, then mix with pepper and salt and a little boiling water so as to make it soft enough to bake. Grease you pan, dust the meat with bread crumbs and put it in the oven to bake. Hetty

### NECK OF VEAL STEWED

Cut the bones apart, fry them brown in lard. Put them into a stew pan with only water enough to cover, an onion cut up, pepper and salt, let it stew very gently at least 3 hours. A little while before serving add a few grains of allspice. When it is done, take out the veal, grate the rind of a lemon into the gravy, add 3 tablespoonsful of tomatoe soy and pour it over the meat. Cut the lemon in slices and put them around the dish. H. M.

### CAVCACHED PERCH

After the fish are fried, dry in oil, some sliced onions, done in the same manner, are to be put over them. Make a pickle of vinegar, catsup, cloves, mace and whole pepper and ground to be boiled and poured over them.

### FRESH COD

Clean it, cover it with salt and let it remain till the next day, boil it. For sauce take melted butter with eggs boiled nearly hard, cut up and mixed with it. H. M.

### POTTED SHAD

To 6 large shad, 4 small teacups of salt, 1 do. ground pepper, 3 of vinegar, 2 of tomatoe soy; 8 of beer, 1 teaspoonful of ground allspice,  $\frac{1}{4}$  lb. butter, 17 onions (supposing them to be the size of a walnut). Mix the salt, pepper and spice together; mix the liquids together; cut up the onions and the butter small; clean

the fish; take off the head, tail and fins. Take out the backbone, and cut the fish in pieces, the size you would have it come to the table. Lay them in layers in an earthen pot, which has not had sugar or grease in, and put over each layer a portion of all the seasoning. Cover it with a sheet of paper, and over that a paste of coarse meal. Send it to the bakehouse, when the bread is drawn out, and let it remain in the oven till it is cold.

### OYSTERS FRIED

Drain them, wipe them dry, take the yolks of 5 eggs to 100 oysters. Dip the oysters into the egg, then into bread crumbs which have been dried in the oven, rolled and sifted (this is better than any other material). Put them into plenty of boiling lard, and turn them with a slice, not a fork. They brown in 3 minutes and should be a light brown. Take them out with a pierced slice, to leave the lard behind. Put them singly in a dripping pan where they will keep hot without burning, while you are doing more, and on till you have a dishful. If you do too many at a time, they will get too brown before you can get them all out. The sooner they are eaten the better.

### OYSTERS STEWED

Wash them, drain them through a colander, put them in a stewpan over the fire. When more liquor runs from them, drain them again through the colander. Return them to the pan with pepper and salt, and to 500 oysters, a pound of butter mixed with 4 tablespoonsful of flour. Stew them  $\frac{1}{2}$  an hour till the edges shrivel. When the oysters are done, pour over them, 3 half pints of cream, if the cream be new enough to bear it; give it one boil up with the oysters. They should be stewed nearly all the time.

H. M.

### OYSTERS PICKLED

Wash the oysters lightly, and then rub each one well between the hands, after dipping it in vinegar to take off the slime and gut. Put about 200 at a time in a pan with a couple tablespoonsful of salt, and scarcely water enough to cover them. (The water should be hot). Shake them occasionally, and let them boil till the edges shrivel. Take them off, put the oysters into a jar. Strew over them some mace, allspice and vinegar; strain the liquor they were boiled in and pour it over them. A quart of good vinegar, an ounce of mace, and an ounce of allspice, is generally sufficient for a thousand oysters. They are better for keeping 3 or 4 days. After they have stood a couple of days, if they are not sufficiently seasoned, more spice or vinegar may be added. None of the original liquor of the oysters is to be used.

### CHICKEN FRIED

Cut up small chickens, wash and soak them in cold water till all the blood has run out and they are cold and firm. Parboil them with pepper, salt and a little mace, dip them in prepared bread crumbs and egg; fry them in boiling lard, and put them in a dish. Pour off the lard, take a gill of cream, the water they were boiled in, a little nutmeg, a piece of butter, rolled in flour; boil it up, add some chopped parsley and pour it over the chickens.

H. M.

### CHICKEN FRICASSEED WHITE

Choose the whitest chickens; boil them not quite as much as for eating; cut them up as you would carve them at table; put them in a vessel lined with tin with a little salt, Cayenne, chopped parsley, mace and an onion chopped fine. Cover with cream and boil it gently; just take some of the water they were boiled in and put in the sauce pan, with the neck, pinions, and ugly pieces before you take it up, rub a tablespoonful of flour with a little butter (as large as a walnut) and stir into this gravy.

H. M.

### CHICKENS WITH TOMATOES

Cut an onion in slices, and put it with a tablespoonful of lard into a pot; cut up the chickens, wipe them dry and flour them. When the lard boils, put the chicken in, and do it in this till brown, then cover it with tomatoes; add a little pepper and salt. Put on the cover of the pot slightly heated, and so let it remain until done. When you take it up, stir in a bit of butter.

H. M.

### CHICKENS CURRIED

After the chickens are cut up, let them stew with a little salt, and as much water as will cover them for  $\frac{1}{2}$  an hour, or until they are nearly done, then add 1 or 2 onions cut up fine. Let them stew 5 minutes more, then add a little flour and butter with a tablespoonful of curry. Let them stew 15 minutes more and they are done.

Mrs. Rubicam

### PIGEONS STEWED

Make a rich gravy of beef or veal, put in a little thyme and parsley chopped very fine. Put the pigeons in a pot with their backs up, and pour this gravy over them with black pepper and salt. When they are almost done, take a good lump of butter,

stir it well in flour and put it amongst them. About  $\frac{1}{4}$  of an hour before they are served put some biscuit over them which has been soaked in cold water about 10 minutes, and let the gravy boil over them. The pigeons must be taken out first, then the biscuit laid over them; lastly the gravy poured over all.

### TURKEY BOILED

Take grated bread, sweet suet chopped or butter, sweet basil and marjoram, pepper and salt, a little nutmeg, a few oysters chopped; mix all up with the yolk of an egg. Stuff it, flour it, tie it in a cloth, and boil it an hour an a quarter, if of a middle size. For sauce, take oysters; save as much liquor from them as you can, strain it, and boil with a little mace and nutmeg till it has the taste of the spice; put in the oysters with a teacupful of cream and a bit of butter rolled in flour. Boil a few minutes, stirring all the time.

If you have some celery sauce instead of oysters, put celery chopped fine in the dressing instead of oysters. H. M.

### TURKEY OR CHICKEN ROASTED

After being well cleaned, let them lie in salt water an hour; dry them, stuff them, dredge with flour, and baste them several times with butter while roasting by a clean fire.

### CHICKEN SALAD

Suppose 4 pair of chickens or turkeys which are better; roast or boil them, and cut the meat off. Take the yolk of 12 eggs, boil them just enough to make them hard, (not more) mix them with sufficient vinegar to make a thick paste. Add to it  $\frac{1}{2}$  pound flour, of mustard mixed, 2 tablespoonsful of salt, and black and red pepper to your taste. Pour over this compound 2 bottles oil *very gradually*, stirring in one portion thoroughly before another is added. (On this depends the success of the sauce.) This dressing may be made and poured on the chicken any time in the day, but the celery or salad must not be added till just before it is to be eaten. Mrs. Jas. Rush

### CHICKENS

Roast the chickens; pull off the skin, cut up the flesh fine, put on it a little salt, pepper and vinegar, just enough to get all the chicken wet with it. Make a dressing "in mayonnaise" (see below) making the quantity in proportion to the number of chickens, and add for each chicken a tablespoonful of Reading sauce, and a tablespoonful of capers without their liquor.

Dress the salad, and with a little vinegar and oil enough to wet it, make the same dressing as for the chicken, omitting only the capers and Reading sauce. The salad must be dressed, and mixed with the chicken just before it is eaten. Mrs. Camac

### SALAD DRESSING

The yolks of 2 boiled hard and 1 raw egg, a teaspoonful of thick made mustard, do. of salt, work them perfectly smooth, stir in *very thoroughly* a *small quantity* at a time, a small cruet full of sweet oil, and add vinegar to your taste. It may be mixed at any time, but should be put in only a few minutes before eating. The salad should be drained in a colander for an hour, so that no water may remain, which would destroy the flavor of the dressing.

### DRESSING FOR CHICKEN (IN MAYONNAISE)

The yolk of 1 raw egg, 1 teaspoon of salt,  $\frac{1}{2}$  teaspoon of Cayenne, do. black pepper, 1 teaspoon English mustard made with water. Mix them well together, add a dessertspoon of water, then  $\frac{1}{8}$  of a bottle of sweet oil, mixed *very gradually* and and the juice of  $\frac{1}{2}$  a fresh lemon. Mr. T. Willing

### FORCED MEAT

Take of lean veal and suet equal parts; chop and pound them very fine, season with sweet marjoram, thyme, pepper and salt, some onion cut fine, a little parsley and some grated bread and the yolk of an egg.

### PICKLE FOR BEEF OR PORK

Six pounds or  $\frac{1}{2}$  peck coarse salt, 2 oz. saltpetre,  $\frac{1}{2}$  pound brown sugar, 4 gals. water; these must be boiled and skimmed, and, when cold poured over the meat, which must be kept covered with the pickle; it is sufficient for 50 pounds of meat. Beef must be rubbed with common salt a day or two before, and the blood brine poured off before it is put in the pickle. The thin parts of pork will be fit to use in ten days; the leg in a fortnight. Chapman

### VEAL PÂTÉS

Mince up cold veal, put a little chopped onion, ground all-spice, ground cloves with it, and a little flour, then pour boiled milk over bread, squeeze out this bread, then put to the mixture, an egg beaten up to keep all together, then flour then into little pâtés and fry them. M. M. W.

## CHICKENS FRICKASSEED

Cut the chicks up and wash but not soak; dry with a towel, then dredge flour, pepper and salt over them. Have your lard hot; put it in and fry a nice brown. When sufficiently cooked, lift it with a fork out on the dish, take all the grease out of the pan in which it was fried, into which pour your cream. When it comes to a boil, stir a little butter in which some flour has been rubbed with mace and red pepper and salt. When it boils  $\frac{1}{2}$  minute you may add half a glass of wine and then pour it over your chicken.

## DRESSING BIRDS

Rub the inside of the bird with pepper and salt; skewer them up and rub with a little butter. Put them into your pan with breast up and let them brown well. Take them out, turn them and sift a little flour in the pan. Pour half a pint of water, and wine glass of wine and let them stew tender. Then just before dishing, put in two more glasses of wine.

## TERRAPINS

My own recipe.

Put the terrapins alive in boiling water. As soon as the skin is loose, peel it off, taking the rough shell off, then put it back into the water and boil till tender, which you will find by trying the pan; then take them out, put them on a dish and open them while they are warm. Save all the juice that comes on the dish while opening them. Take the tender parts and put them by themselves, then take the under shells and put them into some fresh boiling water with the hard pieces to make your gravy. Then strain the gravy and save the pieces of terrapin which by this time are tender. Work a little flour with  $\frac{1}{4}$  pound of butter for each terrapin (less will do) with the gravy. Have sufficient gravy to cover the terrapins, and put for each terrapin one hard boiled egg, a wine glass of wine, a little mace, pepper, salt, a tablespoonful of Atheniam sauce just before dished. Put in the eggs of the terrapin and let them boil a short time.

## TO POT HERRINGS

Wash them and wipe them very dry. Sprinkle red pepper between every layer and a few cloves of garlic, a little mace, some cloves and whole black pepper. When the pot is full, cover them with vinegar. Tie a thick paper on the pot and let it remain till night in the oven. Of course, take off the heads.

### **TRIPLE WHITE**

To be boiled in water 3 hours, then cut in pieces and boiled in milk and water. The onions to be boiled in water and then in milk and water; then put the tripe and onions in a stew pan with butter, mace, salt and red pepper to your taste. Just before you serve it up, add some rich cream and give it a scald up. The tripe should be laid in salt water some time after it is cleaned, and then rinsed in fresh water before it is boiled.

### **BROWN TRIPE**

After your tripe is very well boiled, lay it in milk and water. Dry it in a cloth, pepper, salt and dredge it well with flour, then dip it into batter as thick as flannel cakes; then in bread crumbs and fry a nice brown. Make a nice gravy and have some onions nicely fried to garnish your dish.

### **PICKLED BEEF OR PORK (NEWBOLD)**

Six gals. water, 9 pounds salt, coarse and fine mixed, 3 ozs. saltpetre, 3 pounds brown sugar, 1 oz. pearl ash, 1 gal. molasses. Simmer them over the fire till the scum ceases to rise. This quantity is sufficient for 150 pounds beef. Let it lay in pickle 4 or 5 weeks.

## SOUPS

### MADRAS MULLIGATAWNY SOUP

The recipe for making this delightful soup was obtained from a gentleman long resident in Madras.

Take 2 pounds veal and the same of ribs of lean mutton. Cut them in pieces, chop the bones well; put them with a tablespoonful of salt into 3 quarts of water and boil till it becomes a rich gravy, which will be in about 4 hours. Skim off every particle of fat and strain into another saucepan, to which add a tender chicken or young lean fowl cut into the smallest joints and well washed, with 3 large tablespoonsful of Mulligatawny paste, *not powder*. Boil this till the chicken is tender, which will be in 20 minutes and it is ready.

### SNAPPER SOUP

The turtle being ready prepared—suppose 1 of 10 pounds. Put the shells into 3 gals. of water with a set of calves feet or a knuckle of veal, 4 or 5 onions and a bunch of parsley, 7 hours before dinner. Let them boil till everything is extracted from them; then strain it through a colander; put the liquor reduced by this to 2 gallons into another vessel with such pieces of the feet or knuckle as you can pick out. Into this liquor put the turtle and parboil it till it is tender; when so, take it out and put it on a dish. Then prepare the following spices, all ground: cloves, a little mace, black and red pepper and salt; mix them and season each piece of the turtle plentifully, put it into the frying pan and fry it in boiling lard to a dark brown. Put it on a dish having prepared a quantity of forced meat balls. Then thicken the soup with flour and butter and the yolks of eggs boiled hard and try if it is sufficiently seasoned. Put the fried turtle into the soup. Let it boil 5 minutes and pour all into a tureen into which the forced meat balls have been previously put. Squeeze in a lemon or two and it is ready. H. M.

### EXCELLENT BONE SOUP

Boil a shin of beef, or what is equally good the large bones of cold meat, from 4 o'clock till 10. Strain it through a colander. Put the liquor away till morning. Take off every particle of fat and put the bones in the liquor again and let them boil 3 or 4 hours more. Slice 2 onions, put to them 2 tablespoonsful of the fat off the soup and let them stew till quite brown. Add to them 5 potatoes, 5 carrots and 5 turnips (in summer tomatoes or any vegetable you like,) a quart of the outer stalks of celery, which in

winter should always be kept for this purpose. It is an important ingredient; if you have none, put in a teaspoonful of celery seed. The celery and all the other vegetables must be cut fine. Stew them for 3 hours in a little of the soup about  $\frac{1}{2}$  hour before dinner. Strain the soup through a colander, pressing it with the masher to get all the substance and put 3 quarts of it to the vegetables. The quantity of water at first must be regulated by the quantity of bones or meat and have 2 tablespoonsful salt put in.

### PEA SOUP

Boil a knuckle of veal or other meat bone of the preceding day and strain it. The next day take off all fat, put to 4 quarts of this liquor  $\frac{1}{2}$  a pint less than 2 quarts of peas and boil 5 or 6 hours. About an hour before dinner, put on the  $\frac{1}{2}$  pint of peas, season with pepper and salt. Some boil the hulls of peas with the meat. A peck of full grown peas will give the proper quantity. The soup when finished will be 3 quarts.

H. M.

### BEAN SOUP

Soak a pint of French beans all night. Boil them with a knuckle of veal or shin of beef or bones 5 or 6 hours, the longer the better; pepper and salt and a tablespoonful of thyme. Strain the whole through a colander.

H. M.

### BLACK BEAN SOUP

Take 3 pints of beans, soak over night and wash them. Put them in a pot with whatever pieces of chicken you may have. Pour on them a gal. of water and let them boil  $\frac{1}{2}$  a day, then pour off the liquor and with a potatoe masher, mash the beans and pass them through a sieve, then add that to the liquor again and boil till it is thick, adding salt and mace to the taste.

### CLAM SOUP

Boil down an old fowl or a knuckle of veal or a set of calf's feet till you have a quart of jelly. There should be a small onion and some mace, pepper and salt boiled with it. Strain off the liquor and let it cool and take off the fat. Wash 50 sand clams (middle sized are best) put them in a pot over the fire till they open. Strain the liquor which you will find in this pot and add it to the meat jelly. Put in the clams also and let all boil an hour and a quarter, then add  $\frac{1}{2}$  pint of good milk or cream, a piece of butter as big as a walnut, mixed with a little flour, stir these well in the soup. Have ready in the tureen the yolks of 2 eggs beaten and some chopped parsley. Pour the soup in, a little at first till the eggs are well mixed, then the remainder.

H. M.

### OYSTER SOUP

Boil a knuckle of veal till you get a pint of jelly (there ought to be a gallon of water put to it at first). Boil 50 oysters in their own liquor and skim it; add this to the veal jelly with a pint of milk,  $\frac{1}{2}$  pint of cream;  $\frac{1}{4}$  pound butter rolled in a tablespoonful of flour and let it boil about 10 minutes. It may be seasoned with mace, pepper and parsley to your taste. H. M.

### MACARONI SOUP

Boil a knuckle of veal with 2 tablespoons of white pepper, sweet marjoram tied in a bag, parsley, 3 blades mace, 2 large carrots, 3 onions, 1 head of celery, strain; when cold take off the fat. Break  $\frac{1}{4}$  pound macaroni in small pieces, simmer it in milk and water till tender; strain it and add the macaroni to the soup. Thicken with 2 tablespoons flour mixed in  $\frac{1}{8}$  of a pound butter, stir in gradually  $\frac{1}{2}$  pint cream. Boil 5 minutes more.

### OKRA SOUP

A leg of beef put on with 5 qts. water at 7 in the morning and boiled slowly, taking off the grease as it rises. At 10 put in 5 doz. okras cut up, leaving out the stalks, and 6 doz. tomatoes, having first taken off the skin with boiling water. Let it continue boiling 4 hours, and then take the skin out.

### CALF'S HEAD SOUP

Take a calf's head with the skin on and knuckle of veal; wash the head clean and let it soak one hour to draw out the blood and tie the brains up in a cloth. Put them on with 3 quarts water, 3 onions, a bunch of parsley, a little thyme and sweet marjoram, whole black pepper and allspice, a teaspoonful of each; Cayenne, cloves, mace, salt and flour, a little of each. Skim it well as it boils *very* slowly. When boiled so that it will readily leave the bones, take out the head. Take the bones of  $\frac{1}{2}$  and return them to the soup. Put the other  $\frac{1}{2}$  of head on a dish, and season it a little more, rubbing it well on both sides. If the head has not the skin on, mash up the brains with a little flour and salt, and spread over like a paste. Grate crumbs of bread over it, fill up the dish with about  $\frac{1}{2}$  pint of the soup and a wine glass of wine. Put force meat balls round the dish and bake it a light brown. When the soup has boiled sufficiently, strain it off into a smaller vessel, season it with about  $\frac{1}{2}$  pint wine and walnut liquor to your taste, with a little browned flour rubbed in butter, stirred in to thicken it; add forced meat balls and hard boiled eggs chopped fine, and the meat of the other  $\frac{1}{2}$

of the head, cut in small pieces. If the head is not a large one you had better put the whole of it in the soup. The forced meat is made thus— 1 lb. veal,  $\frac{1}{8}$  lb. beef suet, chopped fine, seasoned with a little salt, cloves, mace, allspice, Cayenne and black pepper, parsley, thyme, sweet marjoram, 6 onions, chopped fine, a little sage, crumbs of bread,  $\frac{1}{2}$  glass of wine, yolk of 1 egg, beaten; all rolled up into balls and fried. To make egg balls which are a nice addition to the soup and head, take the yolks of 4 hard boiled eggs, mash them with flour and butter, form them into little balls, and boil them 5 minutes in the soup. The wine should not be put in till the soup is nearly done as it loses the flavor.

Mrs. Dr. Chapman

### CALF'S HEAD (FOR FAMILY USE)

Put a scalded calf's head into 2 gals. water the day before with a tablespoonful of salt to raise the scum; which must be taken off as it rises, then add three onions, 6 potatoes, 6 turnips, mace, sweet marjoram, thyme and allspice. Boil several hours till all has boiled to rags. Strain through a colander, pressing it with a masher to get all the essence out. Next day make the balls and fry them; boil the soup a little more. Thicken it with a little flour and butter rolled together. Put in the balls, the yolks of 6 eggs boiled eggs and chopped, a sliced lemon and wine to your taste, say a small tumbler full. It is very nice and much less trouble than the other recipe.

M. W.

### HARE OR RABBIT

Make a good stock of shin; that is, put 6 or 7 quarts of water to a large shin with 3 or 4 large carrots, the same of onions, and at least two large heads of celery and a good bag of thyme, sweet basil and marjoram. Let it boil down to about 4 quarts, strain it and the next day take off all the fat. Skin the hare or 2 rabbits and cut them up, put an iron pan on the fire containing  $\frac{1}{4}$  pound butter, a carrot, an onion and a head of celery, all cut into small pieces. Fry them to a light brown, then add the pieces of rabbit, over which when fried brown, shake a good handful of flour and moisten with  $\frac{1}{2}$  bottle of port wine, and at the same time, add 3 cloves, a blade of mace and 2 quarts of the stock. Stir it over the fire till it boils, then take it off and set it where it will boil gently 1 hour and  $\frac{1}{4}$  taking care to skim it as the scum rises. Take out the pieces of rabbit, place them in a dish. Select the nicest pieces, cut them small and put them aside. Clear the rest of the meat off the bones and pound it with the vegetables. Put it to the soup. Pass it again through the colander, pressing the pounded materials through as much as you can. Pour it on the pieces of meat reserved. Mrs. Camac

### PEPPER POT

Put on to boil a knuckle of veal and 5 pounds white tripe the night before in about 2 gal. water. Let it boil 7 or 8 hours and also the next morning slowly and season it with thyme, sweet basil and sweet marjoram. Thicken with flour and butter, add a few light dumplings and pepper. When the tripe is parboiled, cut it into pieces the size of  $\frac{1}{4}$  dollar making it tolerably thick.

Mrs. Chapman

### JAMAICA PEPPER POT

Put on almost any kind of meat to boil, some ham bone and little pieces of fresh meat are best. Put some spinach (this is better than any other greens) into boiling water, until quite tender, pour the water off, drain the spinach well, chop it fine, put it with the meat and season it with everything good; salt, pepper, a little onion, potatoes, dumplings, etc. It takes about 2 hours to boil them all together. The soup must be thick with greens. A soup plate full after they are boiled are sufficient for a good tureen full.

Mrs. Lawrence

### WHITE STOCK

An old big hen or entirely of veal, a breast of veal and a knuckle or two; large knuckles of veal and a hen, 8 quarts of water, 2 small teaspoons of mace, do. thyme, do. sweet marjoram, 2 small teaspoons of whole allspice, do. of cloves, a tablespoon of salt, 3 turnips, a bunch of herbs, 6 onions and 3 large carrots, 2 whole heads of celery and a set of calves feet, if you choose; a small teaspoon of whole pepper in a muslin bag, boil slowly; put the meat on in cold water and let it boil and skim it. Then put in the rest of the ingredients and set it away to simmer steadily at least six hours; shut it tight until everything is in rags, strain it through a colander and then through a sieve (a fine wire sieve). When cold it ought to be a stiff jelly. It is better to put it into 2 or 3 separate jars.

### BROWN STOCK

A large shin of beef, 5 or 6 pounds of coarse lean beef, and any cold bones and pieces, either cold or raw and 2 large slices of ham. Cut all the pieces of flesh and put it in with the ham and a quarter of a pound of butter to brown, turning them about if necessary. Put in a little water; as the scum rises, take it off.

### HAM (Never boil)

If old, soak over night, then simmer for five hours, then take off the skin. Put it in a pan and mix a tumbler of wine and one of brown sugar and baste with it in the oven for four hours.

### VEAL BEWITCHED

Take 3 pounds veal, it is better taken from the leg, and chip it very fine with a quarter of a pound of pork, a cup of crumbs, 3 teaspoons of salt, one of pepper,  $\frac{1}{2}$  teaspoon of Cayenne, a pinch of cloves. After the veal and pork are chopped very fine, add these ingredients with two eggs, mix well together and put it into a covered mould or kettle shut tight and steam two hours, then put it into the oven with the door open and leave it in a little while, only to dry it. When cold, turn it out and cut it when wanted in thin slices. 'Tis delicious for lunch, tastes like boned turkey.

### HERRICOT MUTTON

Wash your chops and drain, then season them with red pepper and salt, chop an onion fine. Cut your carrots in long pieces, put all in pot after flouring your chops well. Put enough sugar browning in to make it very dark colored and a little water. Let it all stew four or five hours slowly. After it is done, add tomatoe catsup.

Mrs. Dr. Norris

### STEWED CHICKEN

Take a large onion or two small ones and brown it in butter, then cover the bottom of the stew pan with some thin slices of bacon, enough of your beef stock to cover the chickens and some carrots. Let all stew slowly about three hours. Skim well so there is no grease and you will have a nice brown gravy. When you dish the chickens, put the liver and carrots around your dish, but not the bacon.

Mrs. Dr. Norris

### A NICE WAY TO DRESS COLD FOWL

Peel off all the skin and pull the flesh off the bones in as large pieces as you can, then dredge it with a little flour, and fry it a nice brown in butter; top it up in rich gravy, well seasoned and thicken it with a piece of butter rolled in flour. Just before you serve it up for table, squeeze in the juice of a lemon.

### CORN SOUP

Take 9 ears of sweet green corn, scrape off neatly all the grains, put the cobs in a sufficient quantity of water to make a tureen of soup. Boil until all the sweet juice is extracted, then throw away the cobs. Season with pepper, salt and a little onion. Stir in slowly a cupful of rich cream, thickened with a very little flour. Before you add the cream, put in all the grains and let them be only long enough before serving the soup to boil them tender enough for eating. This soup is much improved by veal or chicken stock instead of all water.

## SAUCES

### SAUCE FOR FISH

Put 3 or 4 anchovies with 2 large onions and a stick of horse-radish in a pint and a half of water, and boil till they are quite soft; thicken it with flour and butter, add a little lemon juice and 2 glasses of claret.

### LOBSTER SAUCE FOR FISH

Chop fine as much boiled lobster as you think necessary; mix some of the coral with it but no fat or dressing. Put some butter in a sauce pan and set it in another of boiling water; stir the butter till it is melted, put the lobster to it and stir till it is hot, but do not let it boil. Add the juice of a lemon or less according to the quantity, Cayenne and salt.

Mrs. Camac

### SAUCE FOR VENISON

Claret, water and vinegar, of each 1 glass; 1 onion, stuck with cloves, anchovies, of salt, pepper each 1 teaspoonful. Boil together and strain.

### BREAD SAUCE FOR GAME AND ROAST POULTRY

Boil an onion, 6 grains of pepper and 2 blades of mace. When done, take them out, and put into the same water some stale bread crumbs and stew an hour; add a piece of butter rolled in flour, a little salt and Cayenne and when ready to boil, add cream and serve it very hot.

### POULTRY GRAVY

Put the giblets in a sauce pan with flour sufficient to brown them, a very small piece of butter and a little salt. Stir it till browned and then add boiling water; when done, wash up the liver, and add a little butter rolled in flour to thicken it. Strain off the gravy and add these to it.

### SAUCE FOR DUCKS

Boil the neck, liver and gizzards (after they have been well washed and soaked) with an onion and 4 or 5 cloves in a pint of water. Season with sage, pepper and salt. Add to this a small crust of bread, toasted very brown; thicken with  $\frac{1}{8}$  pound of butter rolled in flour and add a glass of wine.

### TO BASTE MEAT

Baste first with salt and water, then with lard, except poultry, when butter must be used. Just before serving dredge on flour and baste almost constantly to make it froth.

### TO THICKEN BROWN GRAVY

Put a pint of flour in a pan in the oven, keep constantly stirring till of a uniform dark brown, keep always ready for use.

### TO MELT BUTTER

Keep a sauce pan exclusively for this purpose with a cover; rub two teaspoonsful of flour with  $\frac{1}{4}$  pound of butter, when well mixed, put it into the sauce pan with 1 tablespoonful of water and a little salt; cover it and set it in a large sauce pan of boiling water. Shake it constantly till completely melted and beginnig to boil. To add parsley, wash a large bunch; take the leaves boil them 10 minutes in salt and water, drain them perfectly dry, mince them fine and stir them into the butter when it begins to boil. When herbs are added to butter, put 2 spoonsful of butter instead of one.

## MISCELLANEOUS

### MUSH

Twelve pints of water to  $4\frac{1}{2}$  pints of Indian meal. Mix thoroughly and boil. Will make 9 pints mush.

### YEAST

Boil a handful of hops in a quart of water 10 minutes. Strain the water over flour sufficient to make a batter. When the batter is nearly cool, add a teacup of yeast, and when it has risen pour it into a jug, cork it tight and keep in a cool place.

### ANCHOVY TOAST

Bone and skin 6 or 8 anchovies, pound them to a mass with an ounce of butter, till the color is equal and spread it on nice buttered toast.

### PICKLE FOR BEEF AND PORK

Six gallons water, 9 pounds salt, coarse and fine mixed; 3 pounds brown sugar, 3 oz. salt petre, 1 oz. pearl ash, 1 gallon molasses to every six gallons of water. Boil and skim these ingredients well and when cold, put it over the beef or pork. I mostly dry salt for two days, then pour off the blood and pour on my pickle.

### BUTTERED EGG (Breakfast)

Break your eggs into a small sauce pan, add a piece of butter the size of a walnut, a tablespoonful of cream, a little Cayenne and salt. Stir these together over the fire to a proper consistency. Serve them on toasted bread.

### LAMB CHOPS

Scrape off all the fat, trim nicely, dip first in egg batter, then into grated crackers seasoned with pepper and salt; then drop into boiling lard; when done put into your dish and pour on your gravy with mushroom catsup in it.

## PRESERVED FRUITS

### CHERRIES

Stone the cherries to 6 pounds; take 5 of nice brown sugar, boil about 20 minutes, take off the scum and bottle them.

H. M.

### CHERRIES FOR TARTS

Stone them, to 20 pounds take 10 of good brown sugar; put the fruit and sugar into the pan in alternate layers and boil them  $\frac{3}{4}$  of an hour. The morellas are the only ones worth doing.

### STRAWBERRIES

(I preserved by this recipe 15 qts. strawberries June 8, 1860.)

As the strawberries are picked from the vine, they should be put in the qt. measure and from thence into a broad wooden tray, which should be left at your house till you have done, so that the fruit may be handled as little as possible. Have ready as many pounds of pure white sugar made fine as you have qts. of fruit, before they are hulled. When you hull them, do not fill your hand but take them singly, and as you hull them put them into the preserving pan till the bottom is covered, then put on a layer of sugar and so on alternately till all are in, making only a single layer of fruit each time. The pan may be filled to the brim, as it soon sinks sufficiently to admit of the boiling. As soon as the pan is full, put it over a *little* fire till the sugar dissolves which will be in  $\frac{1}{2}$  hour, and which you may hasten by taking up the juice as it rises and pouring it on the undissolved places. When it is all dissolved, increase the fire, and boil as hard as you can for 10 minutes; during this time, two persons ought to be continually skimming it. Take it off the fire, fill the bottles  $\frac{1}{2}$  full of the fruit. Let the syrup boil 5 minutes more; fill up the bottles while it is boiling hot, cork them immediately and rosin them in a box and bury them in sand.

N.B. If they boil slowly the scum will not rise, and if they boil too long, they will shrink into little hard buttons. If done by this recipe there is no preserve that keeps with more certainty.

H. M.

### PEACHES

The best looking peaches are the yellow freestones, but the cling stones are much the highest flavored and should be done

with the stone in, but as they are more apt to spoil it may be well to examine them when they have been done a month; if the syrup then looks poor and thin, they must be reboiled, both syrup and peaches.

Pare them and then weigh them over night in pure white sugar powdered; cover them with the whole of the sugar and so let them remain until the morning, then boil them till they look transparent and ready to break. Take them out carefully, put them on a dish to drain; boil the syrup a few minutes longer; do not put with them the liquor that drains into the dish. Three half peck usually weigh 14 or 15 pounds, and will fill 9 qt. jars. When you take out the jars for use, pour out the liquor as far as it is thin and watery. Save it till you have emptied several jars, then boil it up and keep it to add to dried peach pies. There will be always enough of the good thick syrup at the bottom of the peach jars to use with them.

H. Markoe

### QUINCES

Take the largest quinces when at full growth; pare and core them and throw them into cold water, then weigh. Put all the paring and cores into a pan with as much water as will cover them; lay the quinces in the middle of the parings and let them boil till they be thoroughly tender. Take the weight of the fruit in white sugar and to each pound, 1 tumbler of the water which the quinces were boiled in. After straining it, boil and skim it, then put in the quinces; set it over the fire (let it be a slow fire), and let it boil till the fruit be red and the syrup thick and put them up in the usual way.

### APPLE JELLY

Pare and cut up a peck of yellow pippins and put them as you do them into cold water. Boil them in a qt. of water and 3 lemon skins till they are quite mashed; strain them through a flannel bag; to 5 pts. of juice add the liquor of three lemons and 3 pounds loaf sugar and boil it till it jellies. This quantity will make about 2 qts. of jelly.

### APPLE JELLY WITH ORANGE

Cut 3 doz. pippins in quarters, take out the cores, cover them with water and stew them. Squeeze them through a cloth to get out all the liquor, boil the peel of 5 oranges till you can put a straw through them, cut the peel in shreds, add to it the apple liquor with 3 pounds sugar and the juice of the oranges. Boil and skim it.

### APPLE MARMALADE

Pare and core the apples, weigh and cut them in small pieces. Put just water sufficient to cover them and boil them slowly for several hours. Then add  $\frac{1}{2}$  pound sugar to each pound of fruit, and the juice and rind of 1 lemon grated, to 3 pounds fruit. Continue to boil them till of the proper consistency. They must be carefully stirred very frequently or they will burn.

H. M.

### STEWED PEACHES

For immediate use,  $\frac{1}{4}$  pound of sugar to 10 good sized peaches; no water.

H. M.

### GAGES

$1\frac{1}{4}$  pounds white sugar to 2 qts. gages when nearly ripe.

H. M.

### MORELLA CHERRIES

$\frac{1}{4}$  pound brown sugar to a qt. of cherries, no water.

H. M.

### GOOSEBERRIES

1 pound white sugar to a qt. of gooseberries and 3 tablespoons of water. Do not use an iron spoon in stirring, as it will discolor them.

H. M.

### STEWED PEARS

If the large winter pears, pare and cut them in pieces; to 5 pears take a teacupful of brown sugar; add a few cloves, and a little claret; stew them till tender.

### STEWED PLUMS

1 pound brown sugar to a quart of plums, when nearly ripe.

H. M.

### CURRENT JELLY (NEW STYLE)

Scald the currants and strain the juice as in old style, squeezing them in a cloth. Measure for each pint of juice one pound white sifted sugar. Boil the juice *alone* for 15 minutes, skimming well, then take it off the fire and stir into it all the sugar until it is dissolved. I put my sugar in a large pitcher and pour on the scalding juice immediately as taken from the fire, stirring till dissolved. 'Tis beautiful; my first experiment June 1859.

## PEACHES

To 1 pound peaches  $\frac{3}{4}$  pound sugar. After they begin to boil, let them boil half an hour until they feel soft with a spoon, then take the peaches out to cool on a dish and boil the syrup about ten minutes longer, and mix it afterward in a pitcher. If you intend to put brandy, one cup of brandy to two of syrup. What is left of the syrup put into a jar for pouring over your peaches when they get dry at top, or for any other use you see fit. I always find it useful in many ways.

## PICKLES

### INDIAN PICKLE

Take onions, cabbage, peppers, cucumbers, etc. and put them into salt and vinegar, with a little tumeric for 24 hours, stirring them 3 or 4 times. Dry them in a cloth and put them in a jar. To every quart of fresh vinegar, put a tablespoonful of mustard seed, one of tumeric, a little garlic, a handful of *whole* black pepper and any other spice you may fancy. Boil these well in your vinegar, and when cold, pour over the pickles. The pickles must, of course, be cut up. I always add some small Cayenne peppers.

Agnes Lippincott

## MANGOES

Choose the mangoes when green. Lay them in salt and water till they are yellow. Then green them with weak vinegar and water. Cut a piece out of the side and take out the seeds. Prepare the following stuffing, which is sufficient for 18 mangoes: A pint of mustard seed, 2 oz. cloves, 2 oz. allspice, 2 oz. black pepper (all of them whole), 4 sticks horseradish chipped; wet all these with vinegar; put a clove of garlic in each and tie the piece in which you cut out; put them in the jars and cover with boiling vinegar. When you green the mangoes you must put cabbage leaves all round the kettle.

## WALNUTS

Take English walnuts when you can run a pin through them. Make a brine of salt and water, strong enough to bear an egg and let the walnuts remain in till they are black (7 or 8 days, observing to change the brine every 3 days) then dry them thoroughly and to 200 walnuts put a gallon of white wine vinegar, 1 oz. of mace, of whole pepper, allspice and mustard seed 2 oz. each. Boil it for a few minutes, pour it hot on the walnuts and cover it close.

H. M.

## ONIONS

Take seed onions, peel them, lay them in salt and water a day, then dry them in a cloth. Take white wine vinegar, cloves, mace and a little pepper; boil all and pour over them and when cold cover them close. They improve in taste by keeping; but lose their whiteness.

## MUSHROOMS

Choose the buttons, wipe them clean, put them in a stew pan with some salt, mace and pepper; as the liquor comes out shake them well and keep them over a gentle fire, till all of it be dried into it again, then put in as much vinegar as will cover them; warm it and put all into a stone or glass jar.

## PEPPERS

Cut a slit in the peppers, put them in an earthen jar, put cabbage leaves over them and a handful of salt on the top. Boil vinegar and put on them again. Repeat this every two or 3 days until the peppers are of a fine green color, when they will be fit for use.

## YELLOW PICKLE

To make a 3 gallon jar of yellow pickle, put to 6 qts. vinegar 4 oz. mustard beaten fine, 1 spoonful salt, 1 do. coriander seed bruised fine, 1 grated fine, 1 grated nutmeg, 6 oz. ginger soaked in salt and water, sliced and dried, 6 oz. garlic pulled and salted 3 days and well drained, 2 spoonsful well beaten tumeric. Have a wooden stopper to the jar, tie it up close with a bladder or piece of leather and set it away for 3 weeks, putting it by the fire or if warm in the sun, stirring it up once in 3 days. The pickle is now ready to receive the vegetables. Prepare them by soaking them in salt and water that will bear an egg, until they turn yellow, put some of the brine they were soaked in over the fire. Let it boil briskly, then put in your vegetables and let them remain a few minutes; then take them off and put them in the sun to bleach and dry. Prepare your soaking jar with equal quantities of vinegar and water and 2 spoonsful of tumeric. Let the vegetables remain 24 hours in this and then drain them and put put them in the pickle jar. Put cabbages in the oven after the bread is taken out; until the leaves fill. Tie them up in bunches and put them in the soaking jar for three days. Stuff your mangoes and put them in the pickle jar. Asparagus must be salted 3 days and dried in the sun, then soaked 3 days in the soaking jar, drained and put in the pickle. Almost anything may be pickled in this way.

## CABBAGE

Take a fine large red cabbage, cut it into thick slices, season some vinegar with what spice you like, pour on it scalding water 2 or 3 times.

## FRENCH BEANS

Gather them before they have strings and put them in a very strong brine of salt and water till they are yellow, then drain them from the brine, put boiling vinegar to them and stop them close, 24 hours. Do so for 4 or 5 days successively, when they will be green. Then put to a peck of beans  $\frac{1}{2}$  oz. cloves and mace and as much pepper.

## NASTURTIIONS

Take them when they are pretty large, but before they grow hard and put them into the best white wine vinegar that has been boiled with such spices as are most agreeable. Keep them close covered in a bottle; they will be fit for use in 8 days.

## CUCUMBERS

Green the pickles in the usual way and then put them into jars with a piece of alum in each jar. Then boil the vinegar with spices of all kinds to your taste, as cloves, horseradish, mace, all-spice, mustard seed, pepper and garlic; pour all boiling hot over the pickles.

## TOMATOES FOR WINTER

(Used as a vegetable.)

Pour boiling water on the tomatoes and take off the skins; put the tomatoes into stone pint bottles, and fill them to the neck, cork them well and seal them, then put the bottles into a kettle of cold water with hay between, sufficient to keep them from breaking. Let them boil gently 5 hours or they will burst, then set the kettle away to cool. When the water has become quite cold, take them out and set them away for use.

## TOMATOES

Put 3 qts. of fresh pickled small tomatoes and 2 qts. of par-boiled and skinned onions set in alternate layers, in a jar. Scald 2 qts. of vinegar with  $\frac{1}{2}$  oz. of whole black pepper,  $\frac{1}{2}$  oz. cloves, a tablespoon Cayenne and 2 tablespoons salt. Let it stand till it is cold, pour it on the pickles, tie them close and in a week they will be fit for use.

## TOMATOES AS SOY

Take full grown ripe tomatoes, reject every bad one and cut out every spot; have them perfectly dry, then cut them up, leaving the skins on and fill a large jar; put the jar in a pot of water, till the tomatoes pass readily through a fine colander, then put the strained liquor into a bell-metal kettle with about  $\frac{1}{2}$  a tablespoon of salt to every gallon. Put it over a slow fire and let it simmer, simmer, simmer, say 6 hours. About  $\frac{1}{2}$  hour before it is done, add spice to your taste say, cloves, mace, allspice. Stew it long enough to extract the flavor from the spice. Bottle it and on the top of each bottle, pour a very little sweet oil. Cork tight and put it away in a dry place.

Mrs. Chapman

## ANOTHER RECIPE FOR TOMATOES AS SOY

Take a bushel of tomatoes and  $\frac{1}{2}$  peck of onions. Slice them all roughly without peeling. Take a qt. of salt; put the onions and tomatoes in layers in a tub, sprinkling the salt between them. Let it stand 2 or 3 days till it begins to ferment. Then put it on with an oz. cloves, an oz. of allspice and  $\frac{1}{2}$  a mustard seed; bottle of Cayenne of ordinary strength into a large iron kettle and let it boil steadily all day, putting it on early in the morning, taking great care it does not burn; then strain it and the next day boil the liquor again till it begins to thicken. Rosin bottle and cork it and it will keep for years.

## TOMATOES AS A VEGETABLE

Skin and seed the tomatoes; to a bushel put 1 pound of butter, 6 whole onions, 3 tablespoons Cayenne pepper, and salt. Boil them 6 hours except the onions, which must be taken out when they become soft and put in small jars, each containing as much as you would use for once. Lay a piece of linen on the tomatoes and cover them close with nice mutton suet; an outer covering tied close and put in a box of sand. When you use them, add a little butter and onion, warm through and take out the onion. They will keep all winter and cannot be distinguished from fresh, either in taste or color.

## BEANS FOR WINTER

The valentine beans are the best; string and split them, put a layer of beans and a covering salt alternately in the proportion of . . . salt to a bushel of beans. Pack them close in a stone jar, put a piece of linen and a weight to press them close. In a few days they will shrink very much and more may be added. They will keep all winter. When you use them wash them well and soak them in fresh water 24 hours, changing the water once.

H. M.

## MUSHROOM SOY

Break the mushrooms, put them in an iron pot, a layer of mushrooms and of salt alternately and let them remain till the next day. Boil them  $\frac{1}{4}$  of an hour, strain them through a towel, add to the liquor, mace, onions, cloves and allspice; boil it till the quantity is reduced to  $\frac{1}{2}$ , strain it again; bottle cork tight and rosin it. The proportions are a bushel of mushrooms, a pint of salt, 6 onions, the spices are  $\frac{1}{2}$  oz. of each. This quantity will make 8 pint bottles.

## SAUER KRAUT OR SALTED CABBAGE

Cabbage should be taken which has sustained 2 or 3 white frosts; sound compact heads should be chosen and all the green perfect leaves carefully removed; each head divided and stalks cut out; then slice them fine, with the instrument made for this purpose; a suitable tub, barrel shaped should be prepared. After cutting it should be salted in the proportion of a pint of fine salt to a bushel of cabbage; well mixed, it may then be gradually packed in a tub pressing it continually with an appropriate wooden rammer. It should then be covered with a circular board, 2 inches less in diameter than the tub, and a weight of 20 or 30 pounds placed upon it.

In 2 weeks it will undergo the acetous fermentation, when it will be fit for use. Attention should be paid every week to skim the froth from the brine and to wash it in fresh water and stew it with a piece of fat pork when you cook it, or with beef, or fat goose. Stew it in a close tin vessel for 3 hours.

## TOMATO KETCHUP

1 gallon skinned tomatoes, 4 tablespoonsful of salt, 4 table-spoonsful of black pepper,  $\frac{1}{2}$  a spoonful of allspice, 8 pods of red peppers, 3 tablespoonsful of mustard; articles ground fine and simmered slowly in sharp vinegar in a pewter basin 3 or 4 hours and then strained through a wire sieve and bottled close. Either put a clove of garlic in each bottle, or after 'tis strained, and cool, two spoonsful of the juice of garlic. 'Tis a remedy for Dyspepsia.

Cousin Tabitha

## OIL PICKLE

Wash your cucumbers and pare them. Then with your slicer, shave down two dozen large cucumbers. Sprinkle them with salt and let them stand two hours. Prepare one dozen onions in the same way. After they have stood two hours, draw off the water. Have prepared  $\frac{1}{4}$  pound mustard,  $\frac{1}{2}$  pint sweet oil, some allspice, and then put in layers of each and fill up the jar with good vinegar. A tablespoonful of ground black pepper improves the mixture.

## VEGETABLES

### PEAS—FRENCH STYLE

To  $\frac{3}{4}$  peck of young peas, 1 tablespoonful of sweet lard, and  $\frac{1}{4}$  of an onion; put in a bag, let simmer 2 or 3 hours. After dressing, season with pepper and salt, a lump of butter and a tablespoonful of white sifted sugar.

N.B. Peas cooked the usual length of time with a spear of mint thrown in the bag with them, improves the flavor much.

### FRENCH BEANS

String them, split them lengthwise, then cut into pieces about an inch long, then boil them till tender, with salt, a pinch of soda to make them green. Take a lump of butter rubbed in a small quantity of flour; add cream to make a dressing about the consistency of thin drawn butter. Put all into the saucepan to warm up. The dressing must only be sufficient to damp, not float the beans. Season with pepper, salt if necessary than used in boiling. Cauliflower may be dressed in the same way.

Mrs. D'Wolf

### CURD

Take bonnyclabber, put into your form till full, then put on a weight. When the whey is out, it must not be too stiff; to be eaten with sugar and cream or salt as you fancy.

(I must get a wooden top to put on my form to hold the weight.)

### MACARONI AU GRATIN

"From the girl, affected with Strabism, of the Café d' Europe in Naples 1851 to Geo. W. Chapman."

Put 4 pints of water in a sauce pan over a good fire. When it boils put in 12 oz. macaroni (the large size). When sufficiently cooked, take it out and lay it in a colander where the water will drain entirely off. Then make the sauce. Melt in a sauce pan 3 oz. of butter; add 1 oz. of flour and stir it about 1 minute; the 16 oz. of milk (or 1 pint), 1 gill cream and mix all well so as to form a rich cream. Place the macaroni in this sauce, sprinkle with salt, flavor with a little nutmeg, add 3 ounces of grated Parmesan Cheese, and mix all together. Then take a copper baking dish, grease it well inside with butter and lay in the macaroni; spread in as you lay it in, 1 oz. of butter and 1 oz. grated

cheese. A little grated biscuit or stale bread will make the crust firmer. Now put on the lid, and it on a sufficient fire to cook the whole through and form a brown crust.

For half the quantity :

6 oz. macaroni

1½ oz. butter or little less ½ qr. lb.

½ oz. flour or a tablespoonful

8 oz. milk or ½ pint

½ gill cream

1½ oz. of cheese or 3 tablespoonsful

½ oz. of butter or a piece as big as a walnut

½ oz. of cheese or 1½ tablespoons.

### POTATOES MASHED

Pare them and put them on in boiling water and let them boil 15 minutes, not too fast or they will break. Take them out and pour all the water off and *immediately while very hot*, begin to mash them with the masher till very smooth. Add a piece of butter the size of an egg, for 13 potatoes (large ones) ; then take a wooden spoon, not stir, but beat them as eggs, adding as you beat a small teacupful of milk, cream if you have it. Put the vessel containing them upon the stove and continue to beat till light and white.

Mrs. Camac

### BEETS

Be careful not to cut off the tops and ends until cooked. Put them into boiling water with a handful of salt and keep boiling hard one hour. Then dip them into cold water and the skin will pull off whole. Cut them in quarters and put to them a large piece of butter, 1 teaspoonful of vinegar, a little black pepper and salt.

### TOMATOES FOR WINTER USE

Scald you tomatoes to skin and core them. Put them in your preserving kettle with a little salt. Cook them slowly for four hours. Put them into your cans and screw on the tops and pour melted beeswax and rosin round the rim. Many persons take the additional precaution of placing the cans, before putting on the beeswax, into a vessel with warm water and letting the water come to a boil and then sealing them up, but Julie kept without.

## TO COOK STRING BEANS

String your beans, cut them through lengthwise, then into three pieces. Boil in salt and water. Take them out, put butter, salt and cream, then put them back into the stew pan and warm them up and dish them out.

## SPINACH

Cut off all the stalks, and if the leaves are large, cut out the veins; also after washing the leaves put them with 2 tablespoons of salt, into a vessel of boiling water enough to cover it, keep it well under water, leave the vessel uncovered and boil  $\frac{1}{4}$  of an hour; if longer or with the cover on the color will be spoiled; put it into a colander and as the hot water runs off, pour cold on which preserves the color, press it till not a drop of water remains. Put it on a board, chop it as fine as possible, mixing black pepper with it as you chop, so as to get it well mixed. Pour it into a sauce pan with a gill of cream and  $\frac{1}{8}$  or  $\frac{1}{4}$  pound butter, according to the quantity. Stew nearly an hour and serve it very hot; it may be garnished with small 3 cornered pieces of bread fried brown with butter or plain toasted.

H. M.

## POTATOES MASHED

Pare the potatoes, put them on in boiling water, allow them to boil 15 minutes, not too fast, or they will break. *If you are not ready to mash them*, let them remain in the water till you are, for if you take them out and let them dry, it is impossible to mash them. Pound them with the masher till smooth, having first poured off the water. Put in a piece of butter the size of an egg, for a large dishful or 13 good sized potatoes, then take a wooden spoon or fork and do not stir, but beat them as you would eggs, adding as you beat a small teacup of milk. Put the vessel containing them on the stove and continue to beat them till they are light and white.

Mrs. Camac

## PEAS

Put several salad leaves that have been dipped in water, in the bottom of a vessel; wash the peas and lay them on the leaves, put  $\frac{1}{8}$  pound of butter to  $\frac{1}{2}$  peck (no water); cover them up and let them stew  $\frac{1}{2}$  an hour.

## EGG PLANT

Pare and cut the egg plant in thin slices 2 or 3 hours before you wish to cook it, pile the slices one over another with a little salt between each; throw away all the liquor that drains from

them. To a large plant that will make 12 slices, take 2 eggs, and a full  $\frac{1}{4}$  pound of lard; beat up the eggs, dip each slice in and then cover it thickly with crumbs of bread, which have been browned, rolled and sifted; put as many of the slices into the pan with a part of the lard as will lie in the pan singly. Fry till a fork runs easily through them (5 or 6 minutes). Take the slices out, put them in a dish; take out the crumbs which may have fallen in the pan, or they will burn the next set of slices; put some more slices in with a little more lard, and so on till all are done. They must be watched and turned or they will burn.

H. M.

### TURNIPS

Pare and cut them, boil in a good deal of water nearly  $\frac{1}{2}$  an hour; drain them, mash thoroughly, put them in a pot to dry. A quarter of an hour before dinner, mix a piece of butter with them and a little milk or cream.

H. M.

### HOMINY

Soak it all night, put it on to boil in boiling water early in the morning, and add water as often as you find necessary; put in salt a short time before you take it off and when done, stir in a little butter. It ought first to be well mashed in 2 or 3 waters.

### EGG PLANT—STUFFED

Cut the plant in two, the oblong way and put them in a vessel of boiling water. Let them boil until you feel the inside, with a knife, to be soft. Scoop it out and chop it fine, season it with pepper, salt, thyme, parsley and a little onion. You may add a little anchovy, if you like. Grate some bread fine and have some small bits of butter. Put into the shell alternately a layer of the mince and a layer of the bread, and bits of butter, until the shells are full. Bake them an hour slowly.

### OKRA

Slice them like a cucumber and stew them until dissolved; put to them a few tomatoes, a piece of pork or bacon half boiled, season with pepper, salt and a little butter. Let them all stew well together.

### OKRA AND TOMATOES

Take an equal quantity of each, let the okras be young. Slice them, skin the tomatoes, put both into a pan with a lump of butter, pepper and salt. Stew 4 hours.

## MACARONI

There is a great difference in the quality. Get that which is white and clear; boil it gently in a vessel which is large enough to allow it to swell; with a blade of mace, and some salt, it must boil  $\frac{3}{4}$  of an hour; then take it out and make the following sauce;  $\frac{1}{2}$  a teaspoonful cream, a teaspoonful of flour, the yolk of an egg, Cayenne pepper and salt, and a small piece of butter. Beat it up well, pour it over the macaroni, grate some cheese over and brown it and it will be ready to serve.

E. Camac

## TOMATOES WHICH HAVE BEEN KEPT FOR WINTER

Stew them an hour and a half, add a teaspoonful of flour,  $\frac{1}{8}$  pound of butter and from a dessert to a tablespoonful of brown sugar; according to your taste, and stew them  $\frac{1}{2}$  an hour more; if onions are liked, put in 1 small one at first and take it out when the other ingredients are added; put in a pinch of soda.

H. M.

## CORN LIKE OYSTERS

Take the sweet green corn, cut it from the cob as fine as possible, add pepper, salt and egg; make them up the size of an oyster and fry them in hot fat.

Mrs. Wadsworth

## CORN

Boil the ears, then with a knife score down the middle of each row of grains and if done in this way nearly all the skins will be left on the cob. Then put the corn into a tin pan with butter, cream, pepper and salt. Place the pan on a kettle of boiling water, and stir in these ingredients until the butter is melted and all is mixed. This should be done just before serving.

## ONION RAGOUT

Peel a pint of small white onions; chop one or two large ones fine, put  $\frac{1}{4}$  pound butter in a stew pan; when it is melted and done hissing, put in the onions, and fry them brown; put in a little flour and shake them around till they are thick, then add a pint of gravy, a little Cayenne pepper and salt, and a teaspoonful of made mustard, and when they are thick and well tasted, they are done.

Mrs. Geo. Fox

## ARTICHOKES

Wring off the stalks, pull out the strings and wash them well, put some salt into boiling water; put them in tops downward; boil them gently an hour and a half. When the leaves pull out easily, they are done. Take them out and lay them upside down to drain. Put them on the dish and eat with melted butter.

Mrs. Geo. Fox

## MUSHROOMS

Throw the buttons into hot water a few minutes which makes them tender and white. Put them into a pan with a piece of butter, pepper and salt, and stew about 15 minutes.

## TOMATOES

Scald and skin them; with your hand squeeze out the seeds and a part of the liquor, leaving enough to stew them in. Stew them (without water) two hours and a half and season with pepper and salt. Some like an onion cooked with them and taken out before they are served. Just before you stir them up, stir in  $\frac{1}{8}$  pound of butter, rolled in a tablespoonful of flour, 2 tablespoonsful of flour, sugar, supposing you have a peck of tomatoes.

H. M.

## RICE BOILED

Put  $\frac{3}{4}$  pound into a pint of boiling water and let it boil  $\frac{1}{2}$  an hour.

## COLD SLAW

Warm a gill of vinegar with a piece of butter as big as a walnut. Stir into it the yolks of 2 eggs, which have been beaten with 3 tablespoonsful of cream. Do not let it boil after the egg is in. Add salt and pepper and pour over the sliced cabbage, at least  $\frac{1}{2}$  hour before dinner. Some persons like beets, cold, cut up with it.

H. M.

## EGG OMELET (DR. MONGES)

Beat the yolks and whites of a dozen eggs separately; mix them together, add salt and pepper and parsley cut fine, and onions cut fine. When the whole is mixed, put  $\frac{1}{2}$  pound of butter in the frying pan, heat it over a very hot fire, then pour all in and fry till done. Double one half over the other and serve. It should be about an inch thick and should be done in a small pan to prevent it spreading too much.  $\frac{1}{2}$  the butter will do for family use. To prevent it sticking to the pan, loosen occasionally with a knife and do not turn it in the pan.

Mrs. Camac

### EGG OMELET

8 yolks, 4 whites, a piece of butter  $\frac{1}{2}$  the size of an egg, 2 even salt spoons of salt, 1 do. pepper, a dessert spoon of onion, do. of ham (if you like it) a tablespoonful of parsley all chopped fine. Beat all up a little. Put  $\frac{1}{2}$  pound of butter in a small frying pan; when it hisses, put all in; stir it around till it begins to thicken, then tilt the pan, and keep pushing the omelet down into half the bottom of the pan, loosening it from the bottom with a knife; from 3 to 5 minutes will be enough. Put a hot plate over the pan, turn the omelet into it without doubling.

### BEETS

Put young beets in boiling water with a handful of salt, and keep boiling hard for an hour, then dip them in cold water and the skin will pull off whole; cut them in quarters, put to them a large piece of butter, a teaspoonful of vinegar, a little black pepper and salt. Be careful not to cut tops and tails till cooked.

E. B. C.

### MUSHROOMS

Cut off the ends of the stalks and peel off the outer skin. If large, cut them in pieces. To a quart take 1 or 2 tablespoons of stock, stew them in it 10 minutes; add a teaspoonful of flour rolled in a piece of butter, full as large as an egg; 2 or 3 table-spoonsful of cream, salt and pepper. Let them cook till done, which from the beginning, will be about half an hour.

E. B. C.

### EGG PLANT

As the dinner is ready, I pare and slice and season with Cayenne and salt, then have my fat hot in the pan. Dip in the egg and bread crumbs and serve up hot. The quicker done, the better.

My cook Elizabeth

# BREAD AND HOT CAKES

## RUSK OR LOAF CAKE

Take a pint of very light dough (when you have been making biscuits or bread), two cups of sugar, one of butter, three eggs beaten, whites and yolks beaten; one even small teaspoonful of saleratus dissolved in milk; then one tablespoonful of cinnamon, some allspice and nutmeg, plenty of raisins. This will make two good sized pans. A glass of wine improves it.

## DUTCH LOAF

Set a sponge with a pint of milk and a pennyworth of yeast. When it has risen work 1 pound butter with a sufficient quantity of flour to make 3 large loaves. Add to it the sponge with 2 pounds raisins, 1 pound brown sugar, a teacup of wine, a nutmeg and 4 eggs beaten very light. After all these ingredients are in, knead it well, make it into loaves, and bake as soon as it has risen enough.

## SWEET LOAF FOR CHILDREN

Beat 4 eggs, stir into them a gill of warm water and beat them up again with  $\frac{1}{4}$  pound brown sugar. Mix well with 2 pounds flour; add 2 or 3 tablespoonsful of yeast and 2 of caraway seed. Shape it into a loaf and set it to rise; when risen, bake in a pretty hot oven.

## LOAF CAKE

3 pounds flour,  $1\frac{1}{2}$  butter,  $1\frac{1}{2}$  sugar, a pint of milk, 4 eggs,  $\frac{1}{2}$  gill of brandy, do. wine, 3 pounds fruit, 1 gill yeast; the sugar and fruit to be put in after it has risen. M. M. W.

## GRITZ CAKE

Boil a large teacupful of gritz 3 hours in  $3\frac{1}{2}$  pints of milk, a pinch of salt and  $1\frac{1}{2}$  oz. butter. Stir frequently and do not put it in too hot a place or it will burn. Add 2 eggs, 3 table-spoons sugar. Bake an hour and three quarters in a hot oven.

You may boil a piece of vanilla bean or grate into it 4 pieces of orange peel. Mrs. Camac

### FLANNEL CAKES

Warm a qt. of milk sufficiently to melt a piece of butter the size of a walnut; mix it gradually with a pint of flour; four hours before baking add the yolks of 4 eggs and the whites of 2 beaten separately, and a little yeast. Mrs. Samuel Cox

### FLANNEL CAKES

A pint of sour cream or milk,  $\frac{3}{4}$  pint of flour, 2 eggs, a little salt, a small teaspoonful of saleratus. The latter should be dissolved in a teacup of milk or cream and added to the other ingredients (which are to be mixed as for pancakes just before baking.)

### BUCKWHEAT CAKES

For 10 or 12 people, mix 2 qts. buckwheat meal with  $\frac{1}{2}$  pint wheat flour and even spoonful of salt in 2 qts. and  $\frac{1}{2}$  pint water. Put a paper and  $\frac{1}{2}$  of blue yeast paper powder in one vessel and a paper and  $\frac{1}{2}$  of the white in another and pour  $\frac{1}{2}$  pint of water upon each. When the griddle is hot and you are ready to bake them, add the contents of one vessel, mix it well in, then add the other; mix it in well also and bake immediately. This quantity will make about 50 good sized cakes, each pint of meal making 10 or 12. They are excellent and take no more time to prepare than the heating of the griddle. For a smaller quantity take 3 pints meal, a tablespoonful of salt, a teacup wheat flour, 3 pints water, 1 yeast powder of each color, each dissolved in a gill and a half of water. H. M.

### BUCKWHEAT CAKES

4 pints meal,  $4\frac{1}{2}$  pints of warm water,  $\frac{3}{4}$  pint yeast, 3 table-spoonsful salt and put to rise over night.

Mrs. Samuel Cox

### BREAKFAST CAKE

Warm a pint of milk sufficiently to melt  $\frac{1}{4}$  pound of butter. Stir this into 1 pound flour; add two tablespoons good yeast. Beat it all well together to get the lumps out of the batter. Cover the vessel with a cloth and if in the summer, set it in the cellar over night. In the morning, about an hour before breakfast, roll out the dough, cut the cakes with the top of the dredging box and let them remain till they are to be baked, when you will find them much raised. This quantity will make from 20 to 24 cakes and require from 15 to 20 minutes to bake them.

### BREAKFAST ROLLS

Rub an oz. of butter into a pound of flour, add one egg, 2 tablespoons yeast and a little salt, mixed with as much milk just warm, as will make it into a light paste. Set it to rise overnight. Bake half an hour in a quick oven.

Mrs. Samuel Cox

### WAFFLES

Dissolve  $\frac{1}{2}$  pound butter in a qt. new milk; mix it with a qt. of flour, add 6 eggs beaten very light and a little salt. Grease the iron with butter after the baking of each waffle. Mix one tablespoonful of cinnamon to 2 of powdered sugar and sift over each waffle after it is buttered.

### SHORT OR SALERATUS CAKES

A pint of sour cream or milk; put a small teaspoonful of saleratus into it; let it stand about 15 minutes. Mix a little salt in a pint and one-half of flour, add the cream to it; roll it thin as you would paste, cut it with the top of the dredging box as you would paste.

### INDIAN CAKES

Boil 1 qt. milk and  $\frac{1}{4}$  pound butter together. Pour it over a pint of Indian meal and a little salt. Let it stand 2 or 3 hours and then add the yolk of 6 eggs, 3 whites and 5 even tablespoonsful of wheat flour. Add milk if it is too stiff and bake nicely.

H. M.

N.B. For cold Indian cakes, see 2nd recipe for Indian pudding.

### MARYLAND BISCUIT

To 3 pints flour add 2 spoonsful lard with a little salt. Mix them well with as much milk as will make a stiff paste. Work or beat it well until it becomes soft, then form it into small rolls, flatten them as thin as you please with a rolling pin, prick them with a fork and bake in a quick oven. If you beat the biscuit enough you will seldom fail making them good. In this cooks are often deficient.

Mrs. Pearce

### SALT LAKE CITY BUNS

2 pounds of flour

$\frac{1}{2}$  sugar

6 oz. of lard

6 oz. currants

$\frac{1}{2}$  pint milk

1 pint of yeast

Set them to raise overnight. Dip in beaten egg and sugar.

### SODA CAKES

Two pints sifted flour, 1 do. milk,  $\frac{1}{2}$  pound butter, 2 teaspoons of cream of tartar and 1 of soda, a little salt with the butter; then add the other ingredients, the soda last dissolved with the cream of tartar in a little milk, and then mixed with all the milk. Roll it out like thick paste, cut it with the top of a wine glass; put two together, one over the other, bake them about 10 minutes, as soon after they are mixed as you can.

Mrs. Pope

### MUFFINS

3 pints milk, 8 eggs,  $\frac{1}{4}$  pound butter, a little salt, a cents worth of yeast flour. Warm a part of this milk, melt the butter in it, add the rest of the milk, the eggs a little beaten, and the flour alternately and lastly, the yeast. Give them 3 hours to rise, the batter must be stiff enough for a spoon to stand up. Fill the rings only half full.

### MOUNTAIN MUFFINS

A qt. flour, 3 eggs,  $\frac{1}{4}$  pound butter, a little salt, a teacup of milk and a little yeast (a gill); mix all at night excepting the butter which must be mixed with it the first thing in the morning and put by large spoonful into a dripping pan in the oven.

Mrs. Edward Wharton

### PONE

Nearly a qt. of sifted Indian meal, a pint of milk, salt,  $\frac{1}{4}$  pound butter or lard and 3 eggs. Mix all together and bake in a dripping pan.

Mrs. Edward Wharton

### SALERATUS CAKE

Put a small teaspoon of saleratus into a pint of sour milk or cream; let it stand about 15 minutes, mix a little salt in a pint and one half of flour; mix it with the milk or cream and a piece of butter the size of an egg. Roll it thin as you would paste, cut it out and bake like short cakes.

E. B. C.

### MILK BISCUIT

Take a quart of milk, about 3 qts. of flour and set them to rise with a pint of baker's yeast (at 11 o'clock in the morning, if you wish them for tea);  $\frac{1}{4}$  pound of butter, lard does as well

and a handful of salt. Work them up in about a couple of hours (if the yeast is not good, put in a teaspoon of soda), then again about 5 o'clock.

The more they are kneaded the better, roll them out in a sheet, cut them with an egg glass, put them in tin pans, set them by the fire for 10 minutes at least, and when ready, let them bake 20 minutes.

August 20th, 1851

Mary Kenedy

### BANNOCKS (MRS. D'WOLF)

Scald one quart of Indian meal, then add milk enough to make a thick batter. Put in a little salt, a teacup of flour and a third of a teaspoonful of soda. The batter must be dropped in boiling lard the same as doughnuts.

### COTTAGE CAKE (D. B. COLEMAN)

4 eggs, beat yolks and whites separately; 2 cups of sugar, 2 cups of milk,  $\frac{1}{4}$  lb. butter, one quart of flour, 1 tablespoonful cream of tartar. Just as your cake is to be put in the oven, add the whites of the eggs and a teaspoonful of soda dissolved in a little milk. Takes about  $\frac{3}{4}$  of an hour to bake.

### WISCONSIN CAKES

Take two teacups of unbolted flour, one cup of white wheat flour, two eggs; mix the whole (with water or milk whichever you like best) well together, adding a little salt. Heat the pans quite hot before pouring in the mixture, putting a small piece of butter in each. Bake 15 to 20 minutes.

### SHREWSBURY CAKE (CAMILLA)

$\frac{3}{4}$  pound butter, 1 pound sugar, 1 pound flour, 4 eggs, spice to your taste; two tablespoonsful of cream, rose or peach water.

## SYRUPS, CORDIALS, ETC.

### CHERRY BOUNCE

Put 30 pounds Morella cherries with 12 pounds black do. into a demijohn and pour two gallons of brandy on them and let them stand for 8 or 10 weeks; then strain the liquor, adding eight pounds loaf sugar. Pound a few of the stones if you like the flavor. The cherries will be found still to contain a great deal of the brandy and it will be well to have them well squeezed.

Mrs. G. W. Norris

### CHERRY BOUNCE

Use Morellas only, squeeze the cherries over a sieve. Take  $1\frac{1}{2}$  pounds of white sugar to each gallon of liquor; boil, skim and strain it again and add 2 qts. of brandy of the best quality to 5 qts. of the liquor measured after it is boiled. If you like the flavor of the stones, pound some of them and let them lie in some of the brandy and strain it. 100 pounds of cherries, 1 gallon and a half of brandy and 9 pounds sugar.

### LEMONADE

Pour 6 qts. boiling water on 2 pounds sugar and 1 pint lemon juice and let it stand until cold. 15 or 16 lemons yield about 1 pint of juice. They need not be pared if the skins are not bitter. It is improved by more sugar.

Mrs. Markoe

### LEMONADE

Pour 6 qts. boiling water on 2 pounds sugar and 1 pint of lemon juice, and let it stand until cold. 15 or 16 yield about a pint and they need not be pared unless the skins are of a bitter kind.

N.B. I think this recipe requires more sugar. M. M. W.

### MRS. T. F. WHARTON'S WHISKEY PUNCH

1 large lemon, 2 tablespoons currant jelly, 1 tumbler of whiskey, sugar to your taste; mix all and pour 2 tumblers of boiling water, and give a boil up. We prefer Monongehela Whiskey.

Mrs. G. M. W.

### IRISH WHISKEY PUNCH

Two wine glasses of Irish Poteen, rind of one lemon, 3 good sized lumps of sugar. Put the ingredients into a pitcher, and cover it closely for an hour, then add enough boiling water to make it a pint. Pour it back and forth into a tumbler. Warm the wine glasses by dipping them into boiling water.

### STUDENTS' PUNCH

1 pound lump sugar,  $\frac{1}{2}$  bottle brandy,  $\frac{1}{4}$  of rum; add a good pot of green tea. Put the sugar into an earthen bowl and pour on your brandy and rum. Light it; after burning about  $\frac{3}{4}$  of an hour, add the tea and serve the punch.

### WHISKEY PUNCH (T. I. WHARTON)

1 large lemon, 2 tablespoonful currant jelly, 1 tumbler whiskey, sugar to taste; mix altogether and pour two tumblers of boiling water and give a boil up. We prefer Monongahela Whiskey to Poteen.

### FISH HOUSE PUNCH

Rum 1 pint	Water 9 pints
Brandy 2 pints	Sugar 5 pounds
Lemon juice 1	Peach brandy 3 gills

### LAVENDER COMPOUND

Fill your bottles with lavender blossoms. Cover them up with the best brandy; set them in the sun for six weeks, then add 1 oz. mace, 1 oz. cloves, 1 oz. nutmeg. Let it stand for some months; then take 25 cts. worth of cochineal, pound it fine, tie it up in a linen rag and let it soak in  $\frac{1}{2}$  a teacup of cold water; then add it to the lavender to cover it. Sweeten to your taste.

My dear Mother's recipe

### DR. WASHINGTON'S RECIPE FOR HOME MADE CHAMPAGNE

4 oz. bruised ginger  
1 oz. cream tartar  
5 pounds of loaf sugar  
Juice and rind of 2 lemons  
5 gal. boiling water

Stir it occasionally after 12 hours; strain it through cloth until clear. Add to the clear liquor a quart bottle of porter. Put in champagne bottles and cork tight. After two or three days it will be fit for use.

### GINGER BEER

4 oz. bruised race ginger, 1 oz. cream of tartar,  $5\frac{1}{2}$  pounds white sugar, the juice and rind of 2 lemons. Put these ingredients into a large earthen crock. Pour on them 5 gallons boiling water, stir well, cover and let it stand 12 hours; strain it into another crock of the same size and add a pint bottle of ale or porter; mix well. Put into champagne or stone bottles, corks to be fitted well rounded in and tied down.

For 3 days it will not be fit for use. It is a delicious summer beverage. If you are in the habit of making it, it will be well to keep 2 crocks for this purpose only and a sieve with a hook, to hook into the crock and to keep strong twine tied on the bottles which lessen the trouble. By getting from the apothecary 4 times the quantity of ginger and cream of tartar at once and dividing it yourself, it will considerably diminish the expense.

H. M.

### PORTER BEER

6 bottles of water, 1 pound of good brown sugar, and a tablespoonful of ginger. Scald and strain the ginger through a fine linen rag. Pour to this a bottle of porter and bottle it.

### TO FINE CIDER

To a barrel of cider take an oz. of the best ising glass pounded and ravelled into shreds, with cider enough to dissolve it. Stir it frequently for 2 or 3 days, until it has the appearance of thin jelly. Strain it through a sieve, pour it in the bung and stir it up, but a much better method is to draw off the cider and put it into an empty cask into which the fining has been previously put, as by this means no sediment is left, insensible fermentation prevented and the fining more intimately mixed with the liquor. The cider thus treated will generally become clear in 10 days and should then be drawn off and bottled tight; by cutting the corks close off and then dipping them in pitch, the cider will keep for several years. The fining should be done in cold clear weather.

### FINING, FOR A PIPE OF MADEIRA WINE

From the House of Blackburn and Co., London

To  $\frac{1}{2}$  oz. of the ising glass add a qt. of the wine which must be put in a stone jar before the fire for 12 hours (not to simmer) when it will be formed into a jelly which must be well beaten up with a gallon of the same wine and then put into the cask. Stir up the wine well with a short stick so as not to disturb the lees. The wine may be drawn off about a month afterwards.

### MULLED WINE

Mix up equal quantities of wine and water, add to it cloves, cinnamon or whatever spice you like and boil it. Beat the eggs well with sugar and pour the hot liquor on them stirring it constantly. Pour from one vessel to another before the fire and grate nutmeg over it. Sugar and 4 eggs are sufficient for a qt. of wine and a qt. of water.

N.B. The quantity of sugar was omitted in the original recipe.

### RASPBERRY SYRUP

Put 3 half pints vinegar to 4 qts. raspberries. Let them remain till the juice is extracted. Clarify 10 pounds of common white sugar, strain the juice into it, let it boil a few minutes, skim it and bottle it up. This quantity will make 6 bottles.

### CHERRY SYRUP

Bruise 20 pounds Morella cherries, wash and strain through a coarse towel. They will probably yield 10 pints liquor. Boil the liquor with 8 pounds nice brown sugar an hour and a half. It will make 6 bottles.

### LEMON SYRUP

Pare the lemons or the syrup will be bitter, squeeze and strain them. To every  $\frac{1}{2}$  pint of juice, put 1 pound loaf pounded. Let it stand till the sugar be melted, which will require perhaps 48 hours, stirring it occasionally. There will arise a thick scum, which must be taken off carefully. Bottle, cork and rosin it. 10 doz. good lemons will generally yield nearly a gallon of juice and make about 10 bottles of syrup. A box of lemons  $36\frac{1}{2}$  pints juice costs \$2.25; 36 pounds sugar at 10cts. \$3.60; \$5.85 make 25 bottles syrup. H. M.

### REGENT'S PUNCH

3 bottles Champagne	1 pt. Rum
1 bottle Curacao	2 bottles Leville Oranges
2 bottles Madeira	2 bottles Lemons
1 bottle Hock	4 lbs. Bloom Raisins
1 quart Brandy	White Sugar Candy

And instead of water, strong green tea, the whole to be highly iced.

### MR. ATHERTON'S PUNCH

To  $\frac{1}{2}$  gallon boiling water, put 1 pint brandy, 1 pint rum, the rinds of 6 lemons grated and the rinds of 4 cut very thin. Sweeten to taste.

### CURRANT SYRUP

To 1 gallon currant juice put 4 pounds white sugar. Boil it 10 or 15 minutes and skim it well. When cold, add 1 qt. brandy and bottle it. It is fit for use immediately, but improves by keeping.

## PUDDINGS, PIES AND DESSERTS

### ST. NICHOLAS PUDDING

One teacup of rice boiled very soft in one quart of milk. When done, add a piece of butter the size of a walnut and a little salt, the beaten yolks of three eggs, also the rind of a lemon grated. Pour the mixture into a pudding dish and put over it the icing (made of the whites of three eggs beaten light with 8 table-spoonsful of powdered sugar and the juice of a lemon.) Then brown in the oven. Eaten with sugar and cream.

Mrs. D'Wolf

### TAPIOCA PUDDING

(made with apples)

Take a teacupful of tapioca, soak it in water, then have some apples pared and sliced and fill your pudding dish alternately with tapioca and apples. Flavor to your taste. Of course top and bottom tapioca. Eat with cream and sugar or rubbed sauce.

Mrs. D'Wolf

### JELLY MADE WITH COX' SPARKLING GELATIN

Take one box; pour over it one pint of cold water in a large bowl. Cut the thin rind of two good lemons. Let it stand for an hour, then add one pint and a half of boiling water, one quart of powdered sugar, one pint of wine and the juice of two lemons. Strain through a fine sieve into a pitcher and let it settle for a few minutes before you pour it into your moulds. In cold weather it would be well to have a pint and three quarters of boiling water as it is apt to be too stiff.

### DIRECTIONS FOR GELATIN

Add 1 pint cold water to 1 pack gelatin, then the juice of 3 lemons, and the rind of  $\frac{1}{2}$ . Let it stand 1 hour and add 1 qt. boiling water, 1 pt. of wine and 2 pounds loaf sugar, sifted sugar. Stir and strain through double book muslin.

N.B. Gelatin at Ritters, 13th and Walnut Sts.

Mrs. James Cox

### TO MAKE JELLY WITH FRENCH GELATIN

Use  $2\frac{1}{2}$  oz. gelatin,  $3\frac{1}{2}$  pts. cold water,  $\frac{1}{2}$  pt. wine,  $11\frac{1}{2}$  pounds sugar. Put in the whites of 3 eggs, the juice of 3 lemons and peel of 1. Stir all the ingredients well, when cold and let them soak with the gelatin (which must first be mashed in cold water) for

about an hour, then boil the whole mass from 5 to 10 minutes, then pour it through a jelly bag, when it may be put into glasses or moulds.

Miss Tilghman

### LEMON PUDDING

$\frac{3}{8}$  of a pound of butter, same of sifted sugar, 4 eggs, a table-spoonful of brandy, same of rose water, the rind of a lemon grated and the juice. Work the sugar and butter to a cream, with a wooden spoon. Beat the eggs and then stir into it, then the wine and brandy. When these are well mixed, add the lemon, bake in paste without a cover. This will make 2 puddings.

M. M. W.

### LEMON PUDDING FOR FAMILY USE

$\frac{1}{2}$  pound butter, 1 pound powdered sugar and eggs, juice and rind of 5 lemons, teacupful of powdered cracker crumbs, or 12 crackers, 2 tablespoons brandy for 4 puddings. Mix as above.

H. M.

### COCOANUT BAKED IN PASTE

Butter and sifted sugar  $\frac{1}{2}$  pound each, the whites of 8 eggs and tablespoons brandy, 1 of rose water,  $\frac{1}{2}$  pound grated cocoanut and 2 tablespoons of the cocoanut milk. Work the sugar and butter to a cream, beat the whites of the eggs and stir into it. Add the liquor and lastly the cocoanut and milk.

### ANOTHER FOR COCOANUT

1 middle sized cocoanut grated, 1 qt. milk, 6 eggs, 6 grated crackers, powdered sugar. Butter the pudding dish well, then have the cocoanut peeled and finely grated, place at the bottom of the dish a layer of pounded crackers.

### ALMONDS

Butter and white sugar sifted,  $\frac{3}{8}$  of a pound each, 3 oz. almonds blanched and pounded fine in.

### POTATO

Potatoes after they are boiled and mashed,  $1\frac{1}{2}$  pounds,  $\frac{1}{2}$  pound butter,  $\frac{3}{4}$  pound brown sugar, 7 eggs, brandy, rose water and cream, a gill, a teaspoonful of ground cinnamon and some nutmeg. Beat the butter and potatoes together. Beat the eggs by themselves first and then with the sugar; stir it well with the potatoes and butter, add the spices and liquor and bake it in paste. This will make 4 puddings.

H. M.

### SWEET POTATO

1 pound of sweet potatoes boiled and mashed with  $\frac{1}{4}$  pound of butter and a teacupful of milk. Beat 5 eggs leaving out 2 whites, with a teacupful of brown sugar. Stir all together, add of wine and brandy a wine glass each, a little cinnamon and nutmeg and if you like, a few drops of essence of lemon or some fresh lemon juice and rind. Bake it in paste. This will make 3 puddings. H. M.

### GROUND RICE

Boil a quart of milk, thicken it with  $\frac{1}{2}$  pound ground rice, let it boil up 2 or 3 times till it is thick. When a little cooled, add one-half pound of butter and 1 pound white sugar previously worked together and 8 eggs well beaten; nutmeg, vanilla and cinnamon improve it. Bake it in paste. This makes 6 puddings. H. M.

### APPLE PUDDING

To 2 qts. apples stewed and strained through a colander, put 2 eggs,  $\frac{1}{8}$  pound butter, a gill of rose water, the juice and rind of a lemon, a teaspoonful of cinnamon, some nutmeg and sugar, according to the ripeness of the apples; green will require about 2 breakfastcups of sugar; ripe, 1, to which add a cupful of grated bread, and bake in a paste without a cover. H. M.

### RHUBARB PIE PLANT

After the skin is taken off, cut it in pieces, 1 or 2 inches long. To  $2\frac{1}{2}$  pounds of the plant  $1\frac{1}{2}$  pounds of sugar; (if brown, clarify it first); boil it slowly till it looks like a sweetmeat. When cold, add the juice of a small lemon and the rind grated. Mrs. Camac uses orange peel instead of lemon peel, which is an improvement. It is very nice either with or without a paste. H. M.

### MRS. HOLLINGSWORTH'S

Butter the bottom and sides of a pan (tin is the best); cover it with thin slices of citron, then with thin stale bread and a small lump of butter, about  $\frac{1}{8}$  of a pound, then a layer of stoned raisins, grate over it a fresh lemon or orange peel. Sweeten 2 qts. of milk with white sugar, add a little rose water if you like it. Beat up 10 eggs, mix them with the milk and pour it on the other ingredients. Bake in a quick oven, and as soon as the custard forms lightly, take it off.  $\frac{1}{2}$  this quantity is sufficient for a moderate sized family.

### MRS. S. W. FISHER'S RICE PUDDING

Boil a qt. of milk, thicken it with 3 tablesponsful of ground rice, not heaped, 6 bitter and 12 sweet almonds, blanchd and pounded in a little rose water, and a teacup of white sugar. Boil all a few minutes and pour it into a pudding dish. When cool, beat up the whites of 2 eggs till it is stiff and then with 2 tablesponsful of white sugar, spread it over the pudding and bake it about 10 minutes, till the top is a light brown. H. M.

### COMMON RICE PUDDING

Wash  $\frac{2}{3}$  of a teacupful of whole rice. Let it soak for an hour in water; put to it a qt. of milk, a small piece of butter, cinnamon and orange peel, a teaspoon each, 3 tablesponsful brown sugar; bake in a very *slow* oven 3 hours. A vanilla bean which has been used before, broken in small pieces improves it greatly. Let it cool an hour before eating.

### SAGO

Boil 7 tablesponsful of Sago with a pt. of milk, and a little fresh lemon peel cut thin, until the whole is thick. Take out the peel, add to the mixture a large tablespoonful of butter,  $\frac{1}{4}$  pound of white sugar, 6 eggs, whites 2 only; beat all up together. When cool, add a wineglass of white wine, put it in a bowl with a cloth over it, or in a pudding boiler and boil it an hour and a half. H. M.

### CORN

Grate 12 ears of corn, add a qt. of milk,  $\frac{1}{4}$  pound butter, 4 eggs beaten by themselves, and then with  $\frac{1}{4}$  pound brown sugar, a little pepper and salt; stir all well and bake 4 hours in a buttered dish. It may be eaten hot or cold, with or without sauce.

### ANOTHER CORN PUDDING

2 doz. green corn grated,  $\frac{1}{4}$  pound of butter, 1 pt. of cream and some salt. Put all into a well greased dish and bake it. Eat it with butter, or butter and sugar.

### EVE'S

6 eggs, 6 apples, 6 oz. bread, 6 oz. currants, 6 oz. sugar; let them boil 3 hours.

## INDIAN

Scald a qt. of milk, stir into it a bare  $\frac{1}{2}$  pt. of Indian meal; when cool, add salt, 4 eggs,  $\frac{1}{8}$  pound of butter melted and poured in, a wineglass of brandy and a nutmeg. Mix all together and bake it. The same materials eaten cold make a very good cake.

H. M.

## INDIAN PUDDING NO. 3

Take  $\frac{1}{4}$  pound of butter and rub it well into  $\frac{1}{2}$  pt. of sifted Indian meal, and scald it with a teacup of boiled milk. You then add a teacup of molasses and 2 bare tablespoons of flour, then you beat up 3 eggs and add to it, and boil it in a bowl (tied up in a cloth) 2 or 3 hours. Eat with a wine sauce. Flavor the pudding with 2 teaspoonsful of ginger or orange peel.

Excellent M. M. W.

## ENGLISH PLUM PUDDING

1 pound raisins, 1 pound of currants washed, and 1 pound of brown sugar,  $\frac{1}{2}$  pound suet,  $\frac{1}{2}$  pound of citron cut fine,  $\frac{1}{2}$  pound of bread crumbs, 1 pt. milk, the yolks of 12 eggs, a gill of brandy,  $\frac{1}{2}$  a nutmeg. Boil the milk, pour it over the bread crumbs, beat it well. Beat the eggs by themselves and then with the sugar, pour it over the remaining materials. Boil 6 or 7 hours; eat with a wine sauce.

H. M.

I never use either milk or suet, but very often a small quantity of apples chopped very fine.

## FRUIT OR AUNT MARY'S PUDDING

Raisins stoned, currants washed, citron fine, bread grated, apples minced, 2 brown sugar  $\frac{1}{4}$  lb. each, 4 eggs well beaten, a teaspoonful powdered ginger,  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{2}$  a nutmeg, wineglass of brandy; mix all well, boil 2 hours, wine sauce.

## MARLBOROUGH

Stew 10 large apples with the rind of a lemon, when cooked, stir in  $\frac{3}{4}$  of a pound of butter, 1 pound white sugar, rub the lumps, on the outside of 3 lemons, beat 1 doz. eggs leaving out 3 whites; mix all together, rub it through a colander, and bake it 1 hour in a moderate oven without paste.

## EASTON APPLE OR CHARLOTTE—AU POMMEL

1 qt. bread crumbs, 2 qts. - pint of apples pared, and cut small, a pint of brown sugar, a wineglass of rose water, 2 teaspoons of cinnamon, some nutmeg,  $\frac{1}{4}$  pound butter, 2 teaspoons

grated orange peel. Grease a deep dish, put a layer of each material in it making about 8 layers of each, beginning with the bread, then the apples, so on till all is in. The dish ought to be heaping full, as it shrinks in baking. Bake an hour and a half; it may be turned out. Eat it with wine sauce or without any sauce. If the apples are not juicy, put a little water over each layer, or beat up 2 eggs, mix with a small teacup of milk and pour over.

H. M.

### MRS. McELOY'S FLOUR PUDDING

Thicken a quart of milk with 6 tablespoons or 6 oz. flour, add 12 eggs well beaten with 3 tablespoonsful of sugar. Tie it tight in a thick bag, and put it into boiling water. When mixed, it will be about the consistency of rich cream. Boil it  $\frac{3}{4}$  of an hour and eat it with wine sauce.

H. M.

### COMMON FLOUR

Mix a quarter and a half quarter pound of flour gradually with 1 qt. of milk and add 6 eggs well beaten. Tie it up, leave room to swell, boil an hour and a quarter and eat with wine sauce.

H. M.

### CUPS

Put 9 even tablespoonsful flour in a vessel with a pinch of salt. Make a hole in the middle of the flour. Beat well 5 eggs, leaving out 1 white, pour them into the hole; mix the eggs and the flour together and add a pint of milk by degrees. Fill the cups only  $\frac{1}{2}$  full. It ought to make 10. Bake in a quick oven  $\frac{3}{4}$  of an hour and turn them out. It properly done, they will be hollow balls.

H. M.

### RUBICAND

Boil 1 qt. milk, beat the yolks of 10 eggs, put  $\frac{1}{2}$  pound white sugar with the milk and when the boiling heat has passed and the sugar dissolved, add the eggs, then a wineglass of brandy,  $\frac{1}{2}$  a nutmeg grated and  $\frac{1}{4}$  pound stoned raisins. Put all in a bowl, spread thin slices of bread and butter, without crust with cinnamon and cover the other ingredients with these slices, putting the cinnamon side downwards. Set the bowl in a pan of boiling water and bake it, not too fast or it will be watery. A piece of vanilla boiled in milk is a great improvement.

H. M.

### MRS. HELEN COX'S BREAD

Pour a qt. of boiling milk on a pint of bread crumbs, cover it up, let it stand an hour. Beat it up, add 4 tablespoonsful of cinnamon and the same of orange peel, or instead of the orange peel, a wineglass of brandy which has had lemon skins steeped in it. You may add a handful of currants or raisins and eat it with wine or white sauce.

### BETSY WELSH'S BREAD

Scald 3 pints and a half of milk, pour it over  $1\frac{1}{4}$  pounds stale bread crust and crumbs. Cover it an hour, then beat it up well. Add 7 eggs beaten, a teacupful brown sugar and a tablespoonful orange peel. It is a good and cheap kitchen pudding for fast days.

### RICE CUPS AND CREAM

Put on 3 pints milk to boil, mix up  $\frac{1}{8}$  pound ground rice, and 4 heaped tablespoons of powdered sugar in a pt. of cold milk, beat 12 bitter and 24 sweet almonds, in a little rose water or lemon juice. Mix it with the rice, stir this into the milk while it is boiling, by degrees; boil the whole 10 minutes stirring all the time; when thick put it into cups till cold, turn them out into a dish of cream or milk and stick them full of citron cut thin.

### RICE CUPS AND CUSTARDS

Boil a large breakfast cupful of whole rice (or  $\frac{3}{4}$  pounds) in a gallon of water 3 hours, add 2 teacups of white sugar, flavor it with 2 doz. bitter almonds and 2 doz. sweet almonds blanched and pounded in a little rose water or anything else you like, and pour it into cups; when cold turn them into dishes and pour the custard round them, which is made as follows: Put a qt. of milk over the fire, beat up the yolks of 6 eggs and stir them into the milk till it boils, then take it off and add  $\frac{3}{4}$  pound white sugar. It improves it greatly to boil  $\frac{1}{2}$  a vanilla bean in it. If after the rice is boiled, it does not appear dry enough, it can be set aside in a moderately hot place, uncovered where it will not burn, until sufficiently dry. Slices of citron may be stuck in the tops of the moulds.

### LEMON AND ORANGE CUSTARDS

Roll 4 large ripe lemons under your hand on a table to soften them, squeeze them into a bowl and mix with the juice a small teacupful of cold water; add gradually sufficient white sugar to make it very sweet. Beat 12 eggs very light, stir the lemon

juice gradually into them, beating very hard at the last. Put the mixture into cups. Bake about 10 minutes. Eat them cold.

Orange custards are made in the same manner.

### CUSTARD

Boil a qt. of new milk, with  $\frac{1}{2}$  of a large vanilla bean; add  $\frac{1}{2}$  of a pound of white sugar, when the boiling heat is over, put to it the yolks of 12 eggs beaten, pour it into the cups, set them into a pan of boiling water and bake them, not too fast or they will look spongy.

H. M.

### TRIFLE

Put  $\frac{1}{2}$  pound stale queen cake at the bottom of a dish, break it up a little, saturate it with an equal quantity of wine and water, about a wineglass of each. Spread a pint of custard (made as recipe preceding) over it. Cover it over with a layer of citron cut thin, grate over it the rind of a lemon and  $\frac{1}{2}$  the juice, then sprinkle over it 2 tablespoons powdered sugar. Put a pint of cream in a bowl, churn it up with a tin churn, skim off the froth as it rises and put it over all the ingredients until the dish is full. When you want both trifle and floating island, make the trifle first and the cream which remains after taking off the froth will, with a little additional cream make the liquid part for the island.

### FLOATING ISLAND

Grate the rind of a fresh lemon into a pint of cream, add  $\frac{1}{2}$  the juice and loaf sugar to your taste. Beat up the whites of 4 eggs till they are perfectly stiff, beat with them 4 tablespoonsful of guave, raspberry juice or any other jelly you like and 2 table-spoons sifted sugar alternately, a little at a time till smooth and stiff; drop it in large spoonsful on the cream.

### JELLY

Boil 3 sets of calves feet very slowly in 9 qts. water reduced 1 half, which will perhaps require 7 hours, strain it through a colander, set the liquor aside till the next morning, or till perfectly cool, then take off every particle of fat, turn the cake of jelly upside down and cut off all the sediments which you will see on the bottom of it; put into a preserving pan, the jelly, with, for every quart,  $\frac{3}{4}$  lb. white sugar,  $\frac{3}{4}$  of a pint of wine, 4 lemons, leaving out 2 of the rinds, and the whites and shells of 4 eggs, (it should be measured when first strained); the wine should be of a light color. Let all boil 10 minutes taking off the scum, as

it rises, then run it through a jelly strainer; if you have not that run it through a double flannel bag, the inner one made shorter than the other sloped to a point at the end. This bag can be tied to 2 chairs; the bag must not be made of new flannel, as it will be greasy and should be kept for this purpose only. This, if not boiled more than 10 minutes will make from 4 to 5 qts. of jelly.

N.B. The lemons are to be squeezed and the rinds which are used, pared thin.

### RUSSIAN JELLY

Take calf's foot jelly which is ready for eating, dissolve it gently by the fire. Be careful not a lump is left in it. When dissolved, place it in a pan on ice, and beat it exactly as you would floating island, and whilst you beat it, squeeze in gradually the juice of a lemon, which makes it perfectly light and white like a float. When in this state, put it in a mould and set it on ice till it is wanted, turn it out as you would jelly. Broken jelly, not fit to bring to the table will in this manner make a beautiful dish. A good sized teacup and a half will be sufficient for a large mould, so much does the lightness increase it.

### CHARLOTTE RUSSE

Mix the yolks of 4 eggs and about  $\frac{1}{4}$  lb. of powdered sugar, and to that add  $\frac{1}{2}$  pint of new milk. Put it on the fire until it just begins to thicken, but not to boil. It is like custard. Add to it  $\frac{1}{2}$  pint very strong calf's foot jelly. Strain all through a cloth. Take a pint of thick cream and whip it in a pan over ice till it looks like . . . . Put the whipped cream on a dish and put the custard in the same pan on the ice that the cream was taken from. Stir the custard on the ice with a paddle till it becomes thick like jelly, then add the cream very lightly. The cream may be flavored with orange flower water, if you like it, previous to its being whipped off. The mixture will look like sponge cake before it is baked. A tin must be prepared with light sponge cake, called lady fingers, placed round it, and at the bottom. The mixture must be poured in it and set on ice until wanted. The jelly must be very stiff and strong and the cream rich.

### MRS. FISHER'S BLANCMANGE (VERY RICH)

Put  $\frac{3}{4}$  oz. of ising glass over the embers with  $\frac{1}{2}$  pt. of milk and a piece of vanilla. When nearly dissolved, add a qt. of cream, a doz. of bitter almonds, and 2 doz. sweet almonds prepared as usual. Boil 20 minutes, add  $\frac{1}{2}$  lb. of white sugar; wet the moulds with rose water.

### MRS. MARKOE'S

A qt. of milk, a qt. of cream, a lb. of sugar, 2 doz. bitter and sweet almonds, an oz. of gelatin, piece of vanilla; dissolve the gelatin in the milk over the fire and make as above. Stir in some time after it is finished before you put it in the moulds that the ingredients may not separate. This is very good.

### CHEESECAKES

Boil  $\frac{1}{2}$  pint milk, beat up 3 eggs, stir them and boil again till it is a curd, crumble some sponge cake in until it is a proper stiffness. Work in nearly  $\frac{1}{2}$  lb. of butter, a large cup of powdered sugar, beat in 2 more eggs and a teaspoonful of cinnamon and nutmegs; of brandy, wine and rose water a gill, a little grated orange peel and a few currants. Lay it in square pieces of paste, turn up the edges and bake them.

### APPLE DUMPLINGS

Boil 12 good sized potatoes, mash them very smooth; mix them while hot with a qt. of flour (no water); beat them well with the flour and roll it out; pare and core the apples (pippins are the best); put a little cinnamon and grated orange peel in the hole from which the core is taken. Roll the paste thin, wrap each apple up and tie it in a cloth and boil them.

### RICE DUMPLINGS

Divide  $\frac{1}{2}$  lb. of rice into 6 parts, pare and core 6 apples, put some grated lemon peel in each core, spread the rice on thin cloths. Place the apples on them, tie them up close, and put them in cold water. They will take an hour and a quarter to boil. Be careful not to break the rice in taking them out. Make a rich sauce of wine, butter, sugar and nutmeg.

### JUNKET

Wash a calf's rennet, cut it in pieces, put them into a bottle Medeira wine, allowing room to shake it. It will be fit for use the next day. Put 3 tablespoonsful of this liquor into a qt. of tepid milk sweetened with white sugar and flavor it with vanilla, nutmeg, rose water or anything you like. Stir it well. In an hour it will be fit for use. Then set it in a cold place. The bottle of liquor may be replenished 2 or 3 times on the same rennet.

### FRITTERS

Beat up the yolks of six eggs, stir them into a qt. of milk, mix this gradually with a qt. of flour. Just before you fry them, beat up the whites and add to them. Drop it by spoonsful into boiling lard and take them out when brown. You may drop in apples sliced thin, currants or lemons sliced thin as paper.

### SPANISH FRITTERS

Cut the *crumb* (crust) of a roll into lengths as thick as your finger in what shape you will, soak in some cream, sugar, nutmeg, cinnamon and 1 egg. When well soaked, fry them brown and eat with wine sauce.

### CARRAGEEN OR IRISH MOSS

Pick up and throw away the dark sprigs of moss. Soak a qr. of an oz. of the light in cold water for a few minutes; shake the water out of each sprig and boil them in 3 pints of new milk until it attains the consistency of warm jelly, say 3 minutes. Boil either vanilla bean or lemon peel in it; strain through a sieve, add  $\frac{1}{2}$  lb. white sugar, then boil 15 minutes more, turn it into a mould. When cold, eat with cream or milk. If the flavoring of almonds is preferred, take 1 doz. bitter and 1 doz. sweet prepared in the usual way.

### COFFEE CREAM

Put 3 gills of water into a coffee pot; when it boils put to it 2 oz. coffee, stir it and let it boil up 4 or 5 times. Let it settle and then pour it off *clear*, into a sauce pan, with  $\frac{1}{2}$  pint milk and piece of sugar. Let it boil away  $\frac{1}{8}$ , then cool, add to it, 5 yolks beaten with a pinch of flour and  $\frac{1}{2}$  pt. cream. Put it over the fire and stir one way till it thickens.

### ALMOND CREAM

Half a pound almonds, blanched and pounded fine in a little rose water. Mix them with a pint of cream, pass it through a sieve; sweeten and flavor to your taste, add the whites of 6 eggs beaten stiff and thicken over the fire.

### CHOCOLATE CREAM

2 oz. of the best chocolate, scraped, 2 oz. of loaf sugar, a pint of cream,  $\frac{1}{2}$  pint milk. Beat all together into a sauce pan and boil away  $\frac{1}{8}$ . Take it off and when cool, add the yolks of 5 eggs well beaten, pass it through a sieve. Thicken over the fire like the others.

### LEMON CREAM

A pint of cream, 6 yolks and 1 white;  $\frac{1}{8}$  lb. loaf sugar powdered, the rind of a lemon grated, 2 tablespoonsful orange flower water. Beat the eggs and sugar together, till quite light; add the other materials, thicken over the fire and continue to stir a few minutes after.

## CREME MERING

Beat 5 yolks with  $\frac{1}{4}$  lb. powdered sugar, add a pint of cream and  $\frac{1}{2}$  the rind of a lemon grated. Put it in a deep dish and set that in boiling water. Stir it until it is like thick cream, cool it and when cold, beat the whites of 5 eggs very stiff with sugar and put it on the cream. Hold a hot iron over to harden the whites a little.

## PUFF PASTE

Take  $1\frac{1}{4}$  lb. flour to a lb. butter, divide the butter into 4 parts. Sift the flour and take  $\frac{3}{4}$  of it, 1 portion of the butter and cut up small in the flour; and of water . . . , make it up into a paste with a lard knife, handling it as little as possible and only with the ends of the fingers. Roll it out thin. Take a second portion of the butter, stick it over the paste in little bits, flour it with that which is left out, fold the paste over, top and bottom and each end so as to make nine thicknesses. Roll it again and repeat the process twice more and it is done.

A lb. of flour to  $\frac{1}{2}$  lb. of butter and a bare gill of water mixed in the same manner makes excellent family paste and it is the proper quantity for 2 plate pies.

In summer, the water should be iced, the butter kept on ice, until the moment it is to be used and all put in at one mixing; the other way taking so much time, that the butter becomes soft and spoils the paste; the pies should be kept in a cool place till the oven is ready and baked in a quick oven.

## MINCE PIES

3 lbs. beef's tongue boiled, 3 lbs. raisins stoned and cut, 3 lbs. currants washed and dried, 3 lbs. beef suet chopped fine, 3 lemons, juice and rind grated, 3 lbs. brown sugar,  $1\frac{1}{2}$  lbs. citron,  $\frac{1}{4}$  peck pippins, pared, cored and chopped fine, a pint of wine and a pint of brandy; of cinnamon, allspice, cloves, 3 oz. each powdered, 1 oz. nutmegs grated. Each article must be chopped fine separately and then all the materials thoroughly mixed. The usual expense of this quantity is \$7 and will make 20 plate pies. It is better to leave out a small portion of the wine and brandy till you have tried the mince. If you find it too dry, a little cider may be added to each pie, as you make it. H. M.

### DRIED PEACH PIES

The pared peaches are the best. Wash 2 qts. in 2 or 3 waters, cover them with water, add a large teacupful of cider and  $\frac{1}{2}$  a dried orange peel. Let them stew gently for 3 hours. You may then pass them through a colander; add a lb. of brown sugar and  $\frac{1}{2}$  a gill of rose water if you like it and a pint of the syrup left from preserved peaches; if you have not this, they will require more sugar.

### CRANBERRIES

Put  $1\frac{1}{2}$  lbs. sugar to 2 qts. of cranberries which have been washed, no water. Stew about  $\frac{1}{2}$  an hour and put them into moulds.

H. M.

### APPLES BAKED

Put a doz. apples cored but not pared into a dish. Take a teacup of water, the same of brown sugar, a tablespoonful of grated orange peel and a little cinnamon. Put a little of each into the core of each apple and bake them, or the core may be filled with a stuffing of bread crumbs, lemon juice and peel, sugar and 2 eggs beaten and a little butter.

### POIRES AU CHOCOLATE

Any pears will do, but the "beurrie blanc" are the best. Cut them in quarters, put them in a dish with a little wine, powder them with flour and fry them in butter. Put some milk in a sauce pan with sugar and cinnamon and stew the pears very gently in it for an hour. Put them in a dish and add to the sauce some cream and the yolk of an egg and pour over them.

H. M.

### COLD SAUCE FOR PUDDINGS

Work  $\frac{1}{8}$  lb. of butter to a cream; if the weather is cold, it will be expedited by holding it near the fire till the bowl becomes warm, but not hot, or the butter will oil. Add one at a time, 3 or 4 tablespoons sifted sugar beating it up well and then 1 and  $\frac{1}{2}$  tablespoons wine; grate nutmeg over it.

H. M.

### OMELET SOUFFET

The whites of 6 eggs and the yolks of 4; beat them separately to a froth, add to the yolks a small teacup of fine powdered sugar and 1 tablespoon of orange flower water or any other essence to the taste. Butter the dish which must be about the depth of a

soup plate, add the whites to the rest and bake in a rather quick oven about 10 minutes, if the dish be of tin, longer if in china. (It is not so certain to be good in china.) Serve the instant it comes out of the oven or it will fall.

### CORNINA

Boil a qt. of cream and a qt. of milk with a large vanilla bean, then stir in 5 even tablespoonsful of cornina; boil 20 minutes, add 1 lb. white sugar, put it into moulds; when cold, eat with cream. The cornina must be mixed smooth in a little of the cold milk before it is put into the boiling.

### CHOCOLATE CUSTARD

Boil a qt. of milk and stir in a  $\frac{1}{4}$  lb. chocolate, which has been grated fine, and mixed fine in a little of the cold milk. Give it one boil up after the chocolate has been added. Beat up the yolks of 5 eggs and stir them in quickly until the whole thickens and sweeten to your taste. It is better to add a little cold milk to the eggs before you put them in as they are not so apt to curdle. You may boil a vanilla bean in the milk.

### CHARLOTTE RUSSE

1 oz. of ising glass to 1 pt. water. Put the ising glass to a pint of vanilla custard, and set away until nearly cool; a qt. of cream is beaten to a froth and placed on a sieve and mixed with the custard. When nearly stiff or cold, pour the whole into a mould previously lined closely with lady fingers. Mrs. Paul

### RICE PUDDING WITH EGGS

Boil a  $\frac{1}{4}$  lb. of unground rice in a qt. of milk till soft, stir in a  $\frac{1}{4}$  lb. of butter, take it from the fire, put it in  $\frac{1}{4}$  lb. butter. Take it from the fire, put in a pint of cold milk with a small teaspoonful of salt, a small nutmeg grated. When it is lukewarm, beat 4 eggs with a  $\frac{1}{4}$  lb. of sugar and add to it (if you like) add  $\frac{1}{2}$  lb. raisins, a teaspoonful of orange flower water is an improvement, also  $\frac{1}{2}$  a vanilla bean boiled in the milk.

### WINE SAUCE

Take a wineglass of water,  $\frac{1}{2}$  a tablespoonful of butter. To this quantity put  $\frac{1}{2}$  tumbler of wine and some brown sugar. Let it boil up stirring and shaking it all the time.

Mary Henerty, Cook

### IMITATION—APPLE PIE

Break 4 soda biscuit (that is the square flat kind) into small pieces and pour boiling water enough on it to make it the consistency of pap, then add a kitchen teacupful of brown sugar and the juice of 3 lemons, some of the rind grated is thought an improvement, although it is not in the original recipe. This quantity will make only 1 pie. Mrs. James Cox

### APPLE PUDDING

Stew some apples dry and season with lemon juice and rind, cinnamon and sugar; fill  $\frac{1}{2}$  of a dish, then boil some rice, which, when done, you can put into some boiling cream, which has been boiled with a piece of vanilla bean. When a little cooled, beat the yolks of 2 eggs, put them on top of the apples and whip up the whites of eggs and sugar; pour it on the top in the shape of pyramids, brown lightly in the oven and eat it very cold.

### JENNIE LIND PUDDING (MRS. D'WOLF)

One cup of sugar, one egg, one tablespoonful of butter, two teaspoonsful of cream of tartar, one of soda, one cup of milk, two of flour, to be baked in a pretty hot oven.

The sauce: one cup of sugar, one of butter beaten light, two tablespoonsful of wine, the same of water. When beaten perfectly white, melt over the fire and serve hot.

### ICE CREAM

The best ice cream made was one quart of cream, one pint of milk, one pint fresh strawberry juice with 1 lb. sugar dissolved in it.

### LOUISA CASTNER'S FLOATING ISLAND

We dined there, a party of twelve. She said the island was made of one tumbler of quince jelly, the whites of 4 eggs beat together for about five minutes. If separate, it froths. She never puts sugar but to currant jelly—put in on a bowl of cream, seasoned with rind of lemon and sugar mixed up a little before the float is put on.

### FROZEN PUDDING

1 quart of cream, one of milk with the yolks of five eggs made into custard, stirred well in a pot of boiling water  $1\frac{1}{2}$  boxes of gelatin, 1 wine glass of rum and one of wine; sweeten to your taste and stir till cold. Freeze as ice cream.

### INDIAN PUDDING

One cup of Indian meal, one of flour, one of suet, one of raisins, four eggs, one cup of milk, two teaspoonsful of cream of tartar, one of soda, one teaspoonful of ginger, one of cinnamon, half quarter ground cloves, to be put in a mould and steamed three hours. Use melted sauce.

### MRS. SERGEANT'S PLUM PUDDING

The best I ever ate.

1 lb. stale bread grated, 1 lb. sugar, 1 lb. raisins stoned, 1 lb. currants, well washed and rubbed in a coarse towel. 1 lb. beef suet made very fine, 1 lb. citron cut in slices, 2 lemons, 2 nutmegs, mace, etc. to your taste, a tumblerful of wine and brandy mixed, a little salt, 8 eggs beaten light; add a little cream to wet it.

When dished a pint of brandy poured over and set on fire. To be well mixed and boil four hours.

## CAKES

### JUMBLES

$\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. white sugar,  $\frac{1}{4}$  lb. butter,  $\frac{3}{4}$  lb. almonds blanched and pounded fine in a little rose water; to these add an egg and mix all together as you would paste, but without water. Shape it with your hands, then break small pieces and roll them out with the palm of the hand about the thickness of your finger and a little longer. Join the ends together leaving a hole in the middle. Sprinkle a little powdered sugar over them and bake in tin pans.

### APEAS

1 b. flour,  $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb. good brown sugar and a little cinnamon; mix them with a little water, about as stiff as paste, roll it out, cut it in what shapes you like and bake in tin pans.

### MACAROONS

Blanch and beat 1 lb. almonds, but not too fine, with a little rose water, mix them with the white of 5 eggs, 1 lb. of loaf sugar finely beaten and sifted and a handful of flour; mix all well together, shape and bake them in tin pans in a very temperate oven.

### S CAKES

1 lb. sugar, 1 lb. almonds, blanched and cut up and whites of 5 eggs.

### ROCK CAKE

1 lb. sugar, 1 lb. cut almonds, whites 5 eggs.

### GINGERBREAD

6 teacups flour sifted, 2 of molasses,  $\frac{1}{2}$  lb. butter, 4 cups sugar, 2 of milk; beat 4 eggs, 1 tablespoonful ginger, 2 teaspoons pearl ash and a little lemon juice. Do not bake too long.

\*2 lbs. for Mrs. Emline.

### SPICE NUTS

3 lbs. flour, 1 lb. butter,  $\frac{1}{2}$  lb. brown sugar, 2 oz. ginger, 1 oz. cinnamon, 1 oz. allspice,  $\frac{1}{2}$  oz. cloves, 1 tablespoon caraway seed, 1 qt. molasses; work it well together, dip it out in spoonfuls and bake on a sheet of tin.

Mrs. Samuel Coxe

### POUND CAKE

1 lb. butter, 1 lb. sugar, 1 lb. flour, 10 eggs, small tablespoonful ground cinnamon,  $\frac{1}{2}$  nutmeg grated, brandy, wine and rose water, 1 gill each. Beat the butter and sugar to a cream, add the eggs (after having beaten them light) and flour alternately a little at a time; 2 whites must be left out for icing. Put in the spice and afterwards the remaining material. Grease a sheet of white paper and put it in the pan before you put the cake in, put another over it and bake. For icing, the whites of 2 eggs beaten till they fill a pint bowl, and spread over the cake.

### SPONGE CAKE

Beat 9 eggs, yolks and whites separately, then beat the yolks with 1 lb. loaf sugar,  $\frac{1}{2}$  lb. flour. The sugar should be put in first, a little at a time and the flour afterwards in the same way. Add the juice of a lemon, and a rind grated. When it is light, stir the whites into it and bake immediately. H. M.

### SPONGE CAKE

Take the weight of 10 eggs in white sugar and 5 in flour. Beat the whites and yolks separately. Stir the whites into the sugar, then add the yolks flavored with the juice of 1 lemon and the grated rind of 2; last of all stir in the flour sifted a little at a time, but do not beat the cake after the materials are in together. Bake if from  $\frac{3}{4}$  to 1 hour in a moderate oven. It must be put into the oven as soon as it is mixed.

For icing, beat  $\frac{1}{4}$  lb. of powdered sugar with the whites of an egg, and the juice of half a lemon. Take out the cake while hot and ice the under side. Miss Tilghman

### BLACK CAKE

1 lb. flour, 1 lb. sugar,  $1\frac{1}{2}$  currants,  $2\frac{1}{2}$  lb. raisins, 2 lbs. citron, 12 eggs, nutmeg, mace, cinnamon and ground ginger,  $1\frac{1}{4}$  oz. each, 1 doz. cloves, 1 gill brandy and 1 rose water. Mix as usual. H. M.

### FRUIT CAKE

$1\frac{3}{4}$  lbs. flour,  $1\frac{1}{2}$  lbs. brown sugar,  $\frac{3}{4}$  lb. butter, 1 lb. raisins, 1 lb. currants, 5 eggs, a pint of milk, 1 nutmeg, 12 cloves, 1 teaspoonful pearl ash dissolved in a wine glass of brandy. The sugar and butter must first be worked to a cream; the eggs beaten, then the flour, milk and eggs added alternately, a little at a time to the sugar and butter, and then the remaining materials. The currants must be washed and dried; the raisins stoned and cut in half. H. M.

### LADY CAKE

Sift  $\frac{3}{4}$  lb. flour, take  $\frac{1}{2}$  lb. butter,  $\frac{3}{4}$  lb. white sifted sugar; beat the sugar to a cream, mix in about a teacupful of currants, the juice of 1 lemon, the rind of 2 (grated); beat the whites of 12 eggs, then mix the flour and eggs gradually and alternately with the other mixture and bake in a moderate oven.

Grace, The Cook

### SCOTCH CAKE

1 lb. butter, 1 lb. powdered sugar beaten together, 1 lb. sifted flour, 3 cents worth of caraway seed,  $\frac{1}{2}$  gill rose water; roll out thick and bake in a moderate oven.

Maria Wharton  
from a little girl.

### CREAM OF TARTAR CAKES

6 eggs, 1 lb. flour, 1 lb. sugar, 1 cup butter, (say  $\frac{1}{4}$  lb.) 1 cup of milk, 2 teaspoons of Cream of Tartar, mixed through the flour; nutmeg or mace, wine or brandy.

Mrs. Jane Wharton

### RICE CAKE

12 eggs, the weight of 6 eggs in sugar and the weight of 6 in rice flour; mix the sugar and flour together, beat the whites and yolks separately, then add the sugar and flour to the yolks and beat till all is in. Flavor with 2 teaspoons of rose water and 12 drops essence lemon, then stir in the whites and bake in an hour.

N.B. When the yolks and whites are beaten separately, a second person should beat the whites.

### CHRISTMAS CAKE

2 lbs. flour, 1 lb. brown sugar,  $\frac{1}{2}$  lb. butter, 8 eggs, a glass of wine, cinnamon and rose water; when mixed, roll it out; shape them with a little tin form made in the shape of an almond, drop them in boiling lard. When done, they are exactly the shape and color of an unshelled almond.

H. M.

### SPONGE CAKE

10 eggs, the whites and yolks beaten separately until very light, the weight of 8 eggs in sugar, the weight of 5 in flour, the rind and juice of a large lemon. Beat the yolks and sugar very light, then beat in the whites and seasoning. Stir the flour in very gently immediately before putting it into the oven. 20 minutes will bake it; in a brick oven 15 minutes after the bread has been in.

H. Old

### WASHINGTON CAKE (MRS. DOWNING)

1 $\frac{3}{4}$  lbs. flour, 1 $\frac{3}{4}$  lbs. brown sugar,  $\frac{3}{4}$  lb. butter, 8 eggs; one lb. raisins, one lb. currants, two wine glasses of brandy, one pint of milk, a little rose water, spice to suit the taste, teaspoonful of pearl ash dissolved in milk. Let it stand an hour in shallow pans. One hour and a quarter will bake it. Put in a pound cake dish; it takes three. 'Tis improved by adding ginger.

### SOFT GINGERBREAD (OLD BETTY)

2 teacups of sugar, mix with 1 lb. butter, 4 eggs beaten, six cups of flour. Mix them with degrees into the sugar and butter; add two cups of molasses and two of milk. Dissolve in some of the milk a full teaspoonful of pearl ash, mix in two tablespoonsful of ginger, other spice to your taste, a small portion of brandy. Let it stand to rise a half an hour. Grease your pans well. Bake as queen cake.

## FOOD FOR THE SICK

### OATMEAL GRUEL

Take a heaped tablespoonful (as full as it will hold) of the best oatmeal (in which there is a great difference of quality); mix it smooth in a little cold water, stir it well into a qt. of boiling water, a little salt, raisins which have no stems, being more acid are better than other, let it boil moderately  $\frac{3}{4}$  of an hour. Sweeten and add grated nutmeg according to taste. Instead of raisins,  $\frac{1}{2}$  the peel of a fresh lemon, or  $\frac{1}{2}$  a vanilla bean may be boiled in it. Some persons like a little wine added after the gruel is made and others a little cream. It is very delicate with vanilla and cream and no other seasoning.

### BEEF TEA OR ESSENCE

Take 1 or 2 lbs. beef without fat from the round or bony piece, cut it in pieces about  $\frac{1}{2}$  an inch in size, put it in a jar, put the jar into a vessel of boiling water and let it boil  $\frac{1}{2}$  an hour; a little salt and a blade of mace be added. You will find in the jar about a teacup of liquor, which must be strained off and 1 or 2 dessertspoonsful given every hour. It is of all sick food the most nourishing and is intended for very weak persons who have little appetite.

Dr. Hewson

### VEGETABLE SOUP

Two turnips, 3 potatoes, and  $\frac{1}{2}$  onion, and  $\frac{1}{2}$  celery. If the vegetables are large, take a smaller quantity, cut them all up fine, put them with some salt in a quart of water, and boil three hours and strain it.

Dr. Physic

### OYSTER BROTH

Boil a dozen oysters in their own liquor with a little mace; strain it and put in a few crumbs of bread.

### EGG AND MILK

Beat up an egg, sweeten it to your taste and pour upon it a breakfast cup of boiling milk. Grate nutmeg upon it. H.M.

### RICE WATER

Put a tablespoonful of rice that has been well washed, into the half pint cold water and let it simmer till it becomes a pulp; strain through a sieve and sweeten. It may be flavored by boiling a bit of vanilla bean in it, or adding a little orange flower water to it, after it is boiled.

### TOAST

When milk cannot be had or the stomach will not bear it, toast a thin slice of bread brown, put a bit of butter into a little boiling water, dip the toast in, skim off the butter and put over it.

Mrs. Service

### PARTRIDGE TEA

Boil a partridge in 1 pint and  $\frac{1}{2}$  of water, with a little salt, down to a pint.

Dr. Chapman

### APPLE WATER

Cut 4 apples in slices (not sweet ones); pour a pint of boiling water over them. When cold, strain and sweeten them.

### GUM ARABIC WATER

Pour 3 half pints boiling water on an oz. of Gum Arabic pounded fine, an oz. rock candy; when dissolved, strain it, and add as much lemon juice as it will make it agreeable. It is nourishing as well as pleasant.

### ALMOND WATER

Pour a pint of boiling water on 40 almonds, which have been blanched and pounded to a paste, with a little rose water. Let it cool and sweeten with loaf sugar.

Dr. Hewson

### BARLEY WATER

Put a  $\frac{1}{4}$  lb. barley into 2 qts. water, when it begins to boil throw the water away; put it into fresh water, skim as it boils. Boil half away, strain, sweeten and add a little wine, or if this be not permitted boil a handful of raisins in it.

### TAMARIND WATER

Pour boiling water on tamarinds and when cold, strain and sweeten it.

### ARROW ROOT

Boil  $\frac{1}{2}$  a vanilla bean and a bit of cinnamon stick in a pt. of milk, leaving out 3 tablespoonsful which is to be mixed cold, with a full dessertspoon of the best Bermuda arrow root. When mixed quite smooth, pour it gradually into the boiling milk, stirring all the time. Take it off in a minute, take out the vanilla bean and cinnamon and sweeten with white sugar. It may be made with water instead of milk, and seasoned with lemon, wine or spirits as the patient's situation may require. H. M.

### TAPIOCA

Wash 3 dessertspoonsful of tapioca, put into 3 half pints cold water, with  $\frac{1}{2}$  a vanilla bean and a small teaspoon of ground cinnamon. Stir it till it boils. Let it boil till it jellies, probably an hour. When cold, season with sugar, lemon juice and nutmeg. The seasoning must of course be varied according to taste. H. M.

### SAGO

Soak a large tablespoonful of Sago in water an hour and then pour off the liquor. Put the Sago into a pint of fresh water and boil it an hour and a half. Season with the juice of  $\frac{1}{2}$  a lemon, nutmeg, and sugar and a tablespoon of wine, if permitted. H. M.

### INDIAN MEAL GRUEL

Mix a tablespoonful of Indian meal, smooth with water, stir it into a teacupful of boiling water. Let it boil 2 or 3 minutes and sweeten it. H. M.

### CHICKEN BROTH

Take  $\frac{1}{2}$  or  $\frac{1}{4}$  of a chicken according to size; take off all the skin and fat, wash it clean, cut it in small pieces, put it to boil in a pint of water, with a small sprig of parsley and 1 blade of mace. Boil it to  $\frac{1}{2}$  the quantity and strain it through a towel, dipped in cold water to prevent the fat from passing through.

H. M.

### WINE WHEY

Take 2 wine glasses of milk, and when it comes to a boil, throw in a wine glass of Sherry or Madeira. It will curdle, and then strain it through a fine sieve, let it cool.

Dr. Norris

### ALMOND MILK

Dissolve 1 oz. Gum Arabic in a pint of water and let it cool. Take 40 almonds, blanch them with hot water, and throw them as you do them, into cold water. Take 5 of these at a time with a bit of loaf sugar and pound them well, the mortar being first washed well with ley and rinsed. Mix the paste with 2 table-spoonsful of the gum water and strain it through clear muslin. This is sufficient for the invalid to take at once and it is best made fresh.

Dr. Physic

### CHOCOLATE

Take 8 squares or—of chocolate, grate it and mix it smooth with a little cold milk. Melt your white sugar (about a large teacupful) in a little milk on the fire. Boil your cream and stir chocolate and sugar into it, and let it boil about 2 minutes, stirring all the time. It takes about 1 qt. cream, 1 pint of milk to make. Each square makes a cup.

Grace

## MISCELLANEOUS RECIPES

The way in which I polish my furniture every Autumn.

If very much soiled with flies, etc., I have it carefully washed off with luke warm suds and carefully dried. Then mix one teaspoonful of turpentine with four of linseed oil and rub on with a soft muslin cloth, and polish it off with soft dry muslin till all the oil is absorbed. It will last all Winter if well done with as fine a polish as from the cabinet makers.

### EXTRACTING GREASE FROM CARPETS

Aquae Ammoniae

Alcohol

Carbon Ammoniae

It must be very tightly corked. When used, put it on with a sponge. It must produce a lather like soap. It may be weakened with water for cloth clothes, but it is not too strong for carpets.

Mrs. John Sargeant

### RED WASH FOR BRICKS

5 lbs. Spanish brown,  $\frac{1}{2}$  pt. painter oil, 1 gill spirits of turpentine, 1 oz. glue dissolved in 3 half pints water; the Spanish brown to be put into a vessel that will bear the fire, then mix it well with the oil and turpentine. Have ready a kettle of boiling water and make the wash a proper consistency, so that it may be applied with a brush, then add the glue water and put the mixture on a furnace; keep it boiling  $\frac{1}{2}$  an hour and it is necessary to keep it hot while it is used.

### LIQUID FOR CLEANING BRASS

Put 40 drops oil of vitriol into a pint of water, scrape a piece of rotten stone about 3 inches square into it.

### FOR TAKING MILDEW OUT OF LINEN

Put 6 cts. worth of bleaching salt into a tub of water. Wash the mildewed linen articles, then take them out, put them under the hydrant. Let the water run on them till the other is thoroughly rinsed out.

Ann Pye

## DIRECTIONS—PRESERVING THE VARNISH OF A CARRIAGE

Received from a coach painter. If the carriage be muddy, sponge off carefully one pannel at a time, then immediately rub it off dry with a soft white flannel before a second pannel is wet. When the carriage is thus cleaned, rub over, only 1 pannel at a time, a little sweet oil, after which sprinkle a small quantity of flour on the pannel until every particle of oil is absorbed, then give it the final polish with a clean silk handkerchief, and be particularly careful at all times to avoid keeping the carriage in the sun, as it draws the paint, cracks the varnish, fades the lace and lining and exposes it to be injured by flies.

## BLACKING

Vinegar	3 pints	Gum Arabic	$\frac{1}{2}$ oz.
Sweet oil	2 tablespoons	Copperas	$\frac{1}{2}$ oz.
Spirits of Vitriol	2 oz.		
Ivory Black	4 oz.	The gum and copperas, must be dissolved in the salts. Then	
Sugar Candy	4 oz.		

pound the sugar candy and add to it, with the oil. The spirits of vitriol to be killed by putting in the vinegar and remaining one night; the whole of the ingredients may be mixed together.

## ENGLISH DIRECTIONS FOR CLEANING OIL-CLOTH

Let them be well swept (dry swept), then take a flannel or soft scrubbing brush with a lather of soap, and carefully wash the dirt out from between the work, then wipe completely dry with a soft linen cloth. They should be frequently rubbed with a soft leather skin, which gives them a polish and hardens the colors.

## VARNISH FOR FURNITURE

A pint of cold drawn linseed oil,  $2\frac{1}{2}$  oz. spirits of turpentine,  $\frac{1}{2}$  oz. spirits of wine. Put them in a qt. bottle with a small teaspoonful of rosin, dissolved in the spirits of wine and fill it up with vinegar.

N. B.—When your tables have acquired a good polish, the rosin may be left out. To be rubbed on with flannel and polished first with a linen cloth, and afterwards with a silk handkerchief. It may be put on the dining tables every day till they have a good polish and afterwards occasionally.

Mrs. Paynter's Butler

### DURABLE INK

$\frac{1}{2}$  a drachm lunar caustic, a small quantity of the purest lamp black, killed by strong brandy, a little gum arabic. For the wash  $\frac{1}{4}$  lb. soda or pearl ash to a qt. of boiling water, or 1 oz. pearl ash in 6 oz. water, and gum arabic enough to stiffen the linen.

### ANOTHER FOR DURABLE INK

1 drachm lunar caustic, 1 oz. spring water and 60 drops tincture of oak gall; put them in a phial and shake them up. For wash, 1 oz. potash put into 2 oz. water and a slip of logwood to color it.

### PASTE AND CEMENT FOR GOLD OR EMBOSSED BORDERS OR ORNAMENTS

To make good paste take about  $\frac{1}{2}$  pint water. Stir and mix well in it a tablespoonful of the best and finest flour. When perfectly smooth and the whole looks like milk, set it on a gentle fire in an earthen or tin sauce pan. Stir it well till it just begins to boil, then take it off the fire and when cold, it is fit for use. This paste will keep about a week in winter; in summer not more than 2 or 3 hours. For cement, take 1 oz. best picked and clear gum arabic, pound it to powder, pour over it water enough to cover it, set it in a warm place and stir it 2 or 3 times a day. When dissolved it is fit for use and when bottled will keep a month in winter and half that time in summer.

### LIQUID FOR THE TEETH

$\frac{1}{2}$  lb. quiacum in powder,  $\frac{1}{4}$  lb. bitter orange peel broken up small, infuse these articles into a pint of common French brandy; put it near the fire or in the sun for some days, shake it frequently and when the gum is wholly dissolved, strain it off into a bottle and cork it well. When cleaning the teeth, put it in a sufficient quantity to whiten the water.

### TO TAKE OUT IRON RUST

Wet the stain with oxalic acid and hold it against the steam of boiling water. The acid must be prepared by the apothecary for the purpose by the following recipe, because if made stronger, the linen will fall into holes. Put  $\frac{1}{2}$  oz. oxalic acid in 3 oz. of pure water. This solution is rank poison. It will not eat or injure the fabric, but changes the color and must therefore, be used only in white articles.

H. M.

### TO MAKE BLUE WASH

2 lbs. blue stone, 1 lb. of glue. The glue to be boiled in 2 qts. of water; the blue stone to be dissolved in the glue water, a quarter of a peck of lime slacked; the whole to be slacked together. It is better for being made 3 or 4 weeks before it is used, and when tried on the wall, if it is too dark, add a little more slacked lime and if it is too light, a little more blue stone. Mrs. Taylor

### DR. PEPPER'S LINAMINT

Turpentine, a wineglassful	Sweet oil, a tablespoonful
Vinegar, a tablespoonful	One egg, mix and apply.
Water, a tablespoonful	

### TO WASH FLANNEL (MRS. GARDETTE)

Warm water *not* to a boil. Shred the soap into the water. When the suds are good, put in your flannel and wash it well. Put half the soap, shake and clap them. Rub your flannels round instead of the usual way of washing. Put a tablespoonful of Hartshorne in both suds, then rinse in blue water. Be sure to rub no soap on the flannel.

### COLOGNE WATER

Essence Bergamotte	6 oz.	Essence Neroli	1 oz.
Essence Citron or Lemon	3 oz.	Essence Rosemary	$\frac{1}{4}$ oz.
Essence Portugal	2 oz.	Essence Melissa	2 drachms
Essence Lavender	1 oz.	Essence Jasmine	1 oz.

These quantities are for three and a half gallons of pure deodorized spirits of wine. Pour the essences into half a gallon of the spirits and shake them well, then pour in the remaining spirits. Shake the whole five or six times a day for a week or ten days, then filter through a filtering paper.

## MEDICAL RECIPES

### CAMPBOR WATER

Break 1 oz. camphor in small pieces and add enough spirits of wine to cover it. When dissolved, pour on it 2 quarts boiling water and when cold, strain it and bottle it. A grown person may take 1 wine glass full.

Mrs. Service

### CURE FOR THE EAR ACHE

Put 3 drops of spirits of turpentine into a teaspoonful of sweet oil (warm) and pour it into the ear. It will frequently allay the most severe pain.

Dr. Hewson

### SPICE PLASTER

$\frac{1}{2}$  tablespoonful allspice,  $\frac{1}{2}$  tablespoonful of cloves,  $\frac{1}{2}$  tablespoonful black pepper and 1 tablespoonful of flour. Put into a pan and mix it very thin with brandy. Let it cook till it becomes thick; spread upon flannel and put it hot upon the stomach.

Dr. Lineaweaver

### CONVULSIONS

When a child has a convulsion while teething, put his feet into warm water, give him an injection immediately and have his gums lanced. As soon as he can swallow, give him a dose of oil.

Dr. Meigs

### LINIMENT FOR RUBBING

1 tablespoonful sweet oil, 2 teaspoonsful spirits turpentine, 1 drachm laudanum.

Dr. Carson

### LAVENDER COMPOUND

Half fill your bottle with lavender flowers and pour upon them  $\frac{1}{2}$  a gallon of brandy. Set them in a warm place in the sun for 6 weeks, then add 1 oz. of mace, 1 oz. cloves, 1 oz. nutmeg. Let it stand two or three months and then strain it until clear. Then take 25c worth of Cochineal, pound it fine, tie it up in a fine linen rag and let it soak in  $\frac{1}{2}$  a teacup of cold water, then add it to the lavender to color it. Sweeten to your taste.

Mama

## LIP SALVE

White wax 2 oz., Hog's lard 2 oz., Spermaceti  $\frac{1}{2}$  oz., Oil of Sweet Almonds 1 oz., Balsam Peru 2 drs., Atminet root 2 drs., 6 raisins and about  $\frac{1}{2}$  oz. fine sugar. Simmer them together and then strain into cups.

## DR. PEPPER: EMBROCATION FOR SORE THROAT

A wine glass of turpentine, a tablespoonful of vinegar, one of sweet oil, one of water, one egg, blow it into the bottle; to do so, break both ends slightly inserting one end into the bottle and blowing at the other.

## DR. PEPPER: EMBROCATION FOR OPPRESSION IN BREATHING WHEN SUFFERING WITH COLD

Take a handful of camomile flowers. Damp them with water, then add a tablespoonful of vinegar and one of laudanum. Heat them thoroughly and inhale the vapor going to bed.

## FOR CROUP

2 grains tartar emetic dissolved, 8 tablespoonsful of water; give to a child of 4 years, 1 teaspoonful every 5, 10 or 15 minutes according to the violence of the attack, till it operates as an emetic. When the attack is violent, nothing will relieve but *immediate* bleeding in addition to the above, which should always be at hand where there are children and be administered without delay.

Dr. Hewson

## BROWN'S MIXTURE FOR COLDS

Dissolve  $\frac{1}{2}$  drachm powdered liquorice, in a gill of boiling water, add a teaspoonful of antimonial wine and 2 teaspoonsful paregoric.

Take a tablespoonful when troubled with cough.

Dr. Hewson

## WHITE MIXTURE FOR COLDS

Powdered Gum Arabic	1 oz.	Antimonial wine	1 drachm
Boiling water	4 oz.	Sweet Spirits of Nitre	1 drachm
Loaf sugar	2 drachms	Laudanum	20 drops

Stir them up and add,

Take a tablespoonful when troubled with cough.

Dr. Hewson

### ANOTHER MIXTURE FOR COLDS

Vinegar and molasses 3 tablespoons each, 2 teaspoons antimonial wine and 40 drops laudanum; mix them together and take a tablespoonful once in 2 or 3 hours.

### ANOTHER COUGH MIXTURE

Flax seed	1 tablespoon	Liquorice root	$\frac{1}{4}$ oz.
Gum Arabic	1 tablespoon	Rock Candy	$\frac{1}{2}$ oz.

Put these into a qt. of cold water, boil an hour and a half, add a small lemon sliced and boil a few minutes longer.

Dr. Physic

### DR. HEWSON'S RECIPE FOR A COUGH MIXTURE TO BE GIVEN TO A CHILD 18 MONTHS OLD

Paregoric	60 drops	Hive Syrup	40 drops
Water	2 tablespoonsful		

Give a teaspoonful of this mixture every 2 hours. If the cough be troublesome at night, give 30 drops paregoric and 5 of Hive Syrup on going to bed.

### FOR COLD AND WEAK BREAST

Boil a large handful of horse radish grated or cut small in 3 pints water down to 2 pints; strain it, add to the liquor 1 lb. brown sugar, 6 cents worth of liquorice; boil again down to 1 pint and when cold, add 6 cents worth antimonial wine, the same of paregoric and a little vinegar or lemon juice. Dr. Hewson

### WARNER'S GOUT CORDIAL

Corriander seed	1 drachm	Liquorice stick	1 oz.
Fennel seed	1 drachm	Rhubarb root bruised	1 oz.
Senna	3 drachm	Raisins cut	$\frac{1}{2}$ lb.
Saffron	1 drachm	Prunes bruised	$\frac{1}{2}$ lb.

Put these ingredients in a large jar or bottle; pour 1 qt. of the best French brandy, shake or stir it every day for 10 or 12 days; then filter it off. You may add a pint more brandy and let it stand as long as you please. Take a tablespoonful at a time. It frequently relieves violent pain in the bowels.

### LAUDANUM

1 oz. of dry opium cut into small pieces, digested for 10 days in 1 pt. of proff spirits. If the opium is soft, the quantity is slightly increased. The liquor must be filtered through paper.

### BREAST SALVE

Boil together  $\frac{1}{2}$  pint very pure sweet oil and 4 oz. beeswax; stir it till cold, then add 2 spoonsful honey; boil it a little and again stir it till cold; then add 6 oz. diacohem gum gommonies, boil all together and stir until cold. Take a piece of thick new linen, cut it large enough to cover the breast all over and spread it with the salve. Should the breast break, cut a hole in the plaster and dress the place with a pledge of lint and the same salve twice a day.

### ALKALI FOR DYSPEPSY

1 gallon hickory ashes, 1 gallon water. Let it stand 2 or 3 days in the chimney corner, stirring it occasionally. Pour it off clear after adding  $\frac{1}{2}$  wine glass of soot. Begin by taking a tablespoonful a half hour after each meal; if necessary increase the dose.

### LEY FOR ACIDITY IN THE STOMACH

1 qt. of hickory ashes, 1 teacup of soot and 1 gallon of hot water, to be stirred frequently for 13 hours. In twelve more, it will be clear enough to be poured into a bottle for use; half a wine glass to be given 3 times a day.

### FOR EARACHE

Put 3 drops of spirits of turpentine into a teaspoonful of warm sweet oil, and pour it into the ear. It will frequently allay the most severe pain.  
Dr. Hewson

### FOR TOOTHACHE

Alum reduced to powder, 2 drachms; nitrous spirits of ether, 7 drachms; mix and apply them to the tooth.

### FOR HEADACHE

2 teaspoonsful of hartshorne and 1 of sweet oil, well shaken up in a vial. Take the tin top of a match box or anything of the same size; fill it with layers of wadding or cotton, so full that it will project beyond the tin. Saturate it with the mixture and hold it on the temples or nape of the neck exactly 3 minutes; take it off and wipe the place with a piece of cotton and if necessary, put on a little cold cream. It will often relieve the most violent headache.  
Dr. Hewson

### LIME WATER

Put a piece of lime the size of a hen's egg into a gallon of water. When nearly dissolved, strain, bottle and use it.

Dr. Hewson

### CAMPHOR WATER

Break an oz. of camphor into small pieces, put spirits of wine enough to cover it; when dissolved, pour it out in 2 qts. boiling water and when cold, strain it and bottle it. An adult may take a wineglassful.

Mrs. Service

### ANOTHER

A drachm of camphor, a  $\frac{1}{2}$  drachm of magnesia and  $\frac{1}{2}$  oz. of loaf sugar. Put spirits of wine enough on the camphor to dissolve it. Wash it up with the other ingredients and add a pt. of water. This is double the strength of the above.

### SIMPLE CERATE

Take (if in winter) 3 parts of lard and 1 of wax, white is the best; if in summer 2 parts of lard and 1 of wax. Put them in a small vessel and set it in a larger one of boiling water. When melted, beat them well until they amalgamate.

Dr. Hewson

### A FEBRIFUGE

To be taken while the fever is on.

Pound a teaspoonful of saltpetre fine and put in to a tumbler of lemonade. Take a tablespoonful every two hours.

### TO MIX MAGNESIA

Take as much cold water as you think proper. Throw the magnesia on the top, it will sink to the bottom and mix instantly.

### A GENTLE APERIENT

Boil 2 oz. of Senna in a pint of water, strain it and add to the liquor a lb. of prunes with as much brown sugar as will make a rich syrup, and a lemon cut in slices. Let it stew till the prunes are quite tender. Take as much of this as you find sufficient.

Mrs. De Groot

### COLD CREAM

2 oz. oil of almonds,  $\frac{1}{2}$  oz. Spermaceti,  $\frac{1}{2}$  oz. white wax. Melt them together, add a little rose water; the whole to be well beaten up.

### COLD CREAM

Pour boiling water upon lard and then freeze it. Do this 3 times, taking clear water each time, and then beat up the lard with rose water.

Mrs. Service

### MY OWN COLD CREAM

Put about half a pint of lard in a pint of cold water, half a drachm of white wax, same of Spermaceti. Boil about half an hour, then put it out to freeze. Next morning, beat it up with half a drachm of oil almonds and as much rose water as it will take.

### TO ADMINISTER ETHER UNDER THE ENDURANCE OF GREAT PAIN

This may be applied with safety under the following directions: When the complaint is not in the head, nor the pulse low. Take a bit of sponge or a wad of cotton, if they are not at hand, several thicknesses of linen large enough to cover the mouth; pour upon it about a teaspoonful of Ether, let the patient, taking it in his own hand and applying it to his mouth, inhale it strongly. When the sense of pain returns, he can again inhale it and when the Ether evaporates, more can be poured. A person may thus be kept under its influence several hours. *Great care* must be taken not to put the Ether near a candle or fire.

Dr. Meigs

### LIP SALVE

Alkanet Root	2 drachms	Oil of Almonds	1 oz.
White wax	2 oz.	Balsam of Peru	3 drachms
Spermaceti	$\frac{1}{2}$ oz.	Raisins cut fine	8
Hog's lard	2 oz.	Tea lumps of white sugar	2

Simmer them all together till all the ingredients are dissolved. Stir them well and strain through fine muslin.

H. M.

### **SYRUP OF RHUBARB**

Bruised Rhubarb	2 oz.	Sugar	2 pounds
Boiling water	1 pint		

Macerate the rhubarb in the water for 24 hours and strain it, then add the sugar; add boiling water till it has the consistency of syrup.

### **SEIDLITZ POWDERS**

Half a teaspoonful tartartic acid in one tumbler, syrup if you like  $\frac{1}{2}$  teaspoonful of carbonate of soda and a heaped teaspoonful of Rochelle salts in the other.

### **DR. CARSON'S LINIMENT FOR RUBBING**

1 tablespoonful of sweet oil, two teaspoonsful of turpentine, 1 do. of laudanum.

### **MRS. JACOB'S RECIPE TO ASSIST EXPECTORATION WHEN SUFFERING WITH SEVERE COLD AND INFLAMMATION**

A piece of pearl ash the size of a filbert in two tablespoonsful of cider vinegar; add water to make it palatable, say about two or three tablespoonsful. Take a teaspoonful three times a day.

### **FOR DIARRHOEA**

Tie up a pint of flour very tightly in a cloth and put into boiling water. When untied, the gluten of the flour will be found in a mass on the outside of the ball. Remove this and the inside will prove a dry powder, which is very astringent. Grate this and wet a portion of it in cold milk. Boil a pint of milk and when it is at the boiling point, stir in as much of the wet mixture as will thicken it to the quality of palatable porridge. Stir in a little salt and let this be the sole article of diet until the disease has disappeared. Relieve it first by toasted bread or very delicate mutton broth, which latter is also astringent. If the disease has not progressed to the degree of inflammation, this diet will generally preclude the need of medicine.

### **DR. MEIGS FOR WEAKNESS AFTER FEVER**

1 tablespoonful lime water, 3 of milk, 2 teaspoonsful of brandy, a little sugar. Give every two hours.

### DR. MEIGS' DRINK FOR FEVER

The juice of two or three oranges in a small pitcher; fill up with broken ice.

Wine, brandy and rose water put in cakes before the eggs.

Wine, brandy and rose water put in puddings after eggs.

1 gill = 2 wine glasses.

1 common sized tumbler =  $\frac{1}{2}$  pint.

1 qt. sifted flour = 1 lb.

1 quart closely packed butter = 2 lbs.

1 quart powdered sugar = 1 lb. 7 ozs.

1 quart granulated sugar = 1 lb. 9 ozs.

1 piece butter about size of an egg = 2 ozs.

## MISCELLANEOUS

### COOK FRESH SALMON IN TINS

Take off top of the tin and then place the tin in boiling water for five or ten minutes, or until it becomes thoroughly heated and looks as though it might begin to boil. Then take off and serve on a warm dish. If French peas are wished with the salmon, heat in the same way and put around the dish.

### SCALLOPED OYSTERS

Cover the bottom of a deep pie dish with crumbs of bread. Rinse the oysters in cold water, then with a fork put in a layer of oysters with two or three small pieces of butter, a little salt, pepper and mace, then a layer of crumbs, etc. Bake in quick oven.

### TO BROIL OYSTERS

Take fine large oysters. Wash them in their liquor and with a fork place them on a towel and press lightly to absorb the moisture; then put them on the oyster gridiron which has been previously buttered. Place them over a clear fire and as soon as tinged, turn over the gridiron quickly. A few moments will cook them. When done, place on a hot dish and season with pepper (black and red) and salt mixed and baste with fresh butter. Send to table hot.

## MAPLE SYRUP

6 lbs. maple sugar (pure), 6 large coffee cups of cold water. Break the sugar into pieces, cover with the cold water and let it stand until melted. Put over the fire and let it come to a gentle boil, leaving the kettle uncovered. Boil without stirring until it is quite a thick syrup.

## SCRAMBLED HAM

Two large spoonsful of cooked ham chopped fine with but very little fat. Put into a hot frying pan, and when slightly brown, add five eggs beaten together, 3 large spoonsful of milk and a little black pepper. Stir together for about one minute and then serve. A little chopped parsley can be added.

## SCALLOPED CLAMS

Take 25 good round clams; open them carefully and keep the shells. Remove the hard pieces and cut up the rest very fine with a sharp knife. Put into a sauce pan with two tablespoonsful of butter, some Cayenne pepper, salt and a little ground mace. Let all come to a boil. Then add  $\frac{1}{2}$  a teacup of sweet cream and put it again on the fire and stir all the time until it boils. Then take it off and add enough bread crumbs to thicken it. Wash the shells and put into them some bread crumbs and a piece of butter, and then the clam mixture until full enough to add a piece of butter and some bread crumbs for on top. Put the shells when filled on a dish and place the dish on the upper grating of a hot oven to brown. Send them to the table hot.

## POTATO CROQUETTES

Take 3 cups mashed potatoes, 3 eggs beaten very light, a teaspoonful of nutmeg and some parsley chopped fine. Shape them and dip them into browned crumbs, then into an egg, and then into the crumbs again. Fry a light brown.

## CORN BREAD

3 eggs beaten together,  $\frac{1}{2}$  pint corn meal,  $\frac{1}{2}$  teaspoonful soda,  $\frac{1}{2}$  teaspoonful salt and 1 teaspoonful butter. Make a thin batter using half sour and half sweet milk. Bake slowly for about  $\frac{1}{2}$  an hour in an earthen dish.

### TO SCALLOP LOBSTER

1 large lobster well boiled. Take two tablespoonsful butter, and rub it into the red and green fat, a little at a time until smooth and well mixed. Put it on the fire in a sauce pan and stir until smoking hot. Then beat in some Cayenne pepper and salt, and next four tablespoonsful of sweet cream. Heat quickly to a boil, add the meat of the lobster cut very fine and stir up well from the sides and bottom until very hot. Then add the juice of a lemon and 2 eggs well beaten. Remove the sauce pan from the fire as soon as this is done. Have the lobster shell well buttered. Strew bread crumbs thickly over the bottom with several small pieces of butter and pour in the lobster mixture while still very hot. Put a layer of bread crumbs on the top and stick small pieces of butter all over it. Place on a dish and put on the upper grating of a hot oven until nicely browned.

### CHICKEN TERRAPIN

Boil a large tender chicken. When done and still warm, cut it from the bones into small pieces as if for chicken salad. Put it into a stew pan with one gill of boiling water. Next stir together until quite smooth,  $\frac{1}{4}$  lb. of butter, one teaspoonful flour, and the yolk of one egg. Add this to the chicken half at a time and stir all well together. Season with red pepper and salt. After letting it simmer for about ten minutes, add a wineglassful of Sherry or Madeira wine and send at once hot to the table.



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